HILARY DOWNEY

TimeSpan

Spiritual Endeavour

Synopsis

TimeSpan reflects on the changing lives of people as they age. Everyone remains important because collectively all people shape society, the best of what is within them contributing to the advance of our current civilisation.

Spiritual philosophy helps make sense of the world. It seeps into the consciousness like drops of water trickling into a pool, becoming real when applied to life, which then changes.

"You will come and you will go. You will walk the Earth and place your footsteps where they need to be. You will contribute something good and the Earth will be better for having asked for and accepted your presence. This day that is your life is short. When your task is done you will place your footsteps in a different way, but wherever you place them they are able to continue to contribute something good."

TimeSpan

SPIRITUAL ENDEAVOUR

HILARY DOWNEY

HILDOW Book

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A CIP catalogue record for this title is available from the National Library of New Zealand.
ISBN: 978-0-9864643-3-1

Published in 2025

HILDOW PUBLISHERS

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Hilary Downey (P.G.Dip.Trad.Ch.Acu.) was born in New Zealand, where she continues to live; working as a self-employed Traditional Chinese Acupuncturist and Tik Dah Bonesetter and writing about what is close to her heart. In her early years she was a schoolteacher and had a family of three children that has expanded to five grandchildren and four great grandchildren

Dedication

This book is dedicated to the people of Earth. Their circumstances differ but most live ordinary lives. They are the refugees, the homeless, the dispossessed, the workers, the rich, the powerful and the famous.

TimeSpan is dedicated to the daily lives of all people. They begin with an entry viewed with awe and end with an exit viewed with quiet reverence.

TimeSpan is dedicated to the ageing heroes of life. They have all learnt to live through joyful and traumatic situations with dignity.

Foreword

We come to Earth for an allotted time span during which light exerts a powerful influence upon us, both physically and spiritually.

Our natural movement below the speed of light makes us physical and gravity anchors us to the Earth. Whatever moves beyond the speed of light is ethereal and spiritual.

This book, called *TimeSpan*, reflects upon how we experience many periods of change in our daily lives, especially as we age. Our thoughts and dreams differ in each time of change but by being observant we can maintain a vision that continues to see beauty in the small moments that make up our daily lives.

TimeSpan reflects on the quiet life. All people have to embrace a time of quiet and they usually do so in their later years.

Time Span is concerned with the influences we both generate and follow because they shape how we live together.

Physical life produces time which we view as past, present and future through the changes that occur. We know a day has passed when night falls. We know the night has passed when the sun rises. We know a year has passed when the four seasons of life have been experienced. We know the order of the seasons because we have experienced them. In each season of a given year our language interprets which belongs to the present, which belongs to the past and which portends the future. Each of us experiences these times differently. Sometimes time passes slowly. Sometimes it passes quickly. Sometimes it seems to stand still.

While we are living physical lives, we experience other realities simultaneously. We watch ourselves going about our tasks as though we are living a dream. We experience déjà vu.

We daydream. We meditate. We experience interior worlds. We live out dreams in our sleep.

When we wake, for a brief moment, the line between the life of dreams and our physical reality blurs. *TimeSpan* discusses how these multiple realities play out while we experience time. Mostly our focus is on physical life, while accommodating some acceptance of a world beyond it.

The light by which we live shines on all that we think, feel, say and do, its brightness corresponding to what our hearts generate. Knowledge helps us make sense of the world we live in today. The light of understanding reveals our destiny and banishes darkness.

Because at this stage we do not understand darkness we view what we do not understand as evil and house it in the darkness. As we learn more about ourselves, our world and our concept of God we reach beyond learning that is personal to us towards learning that is impersonal — a concern for others. We strive to be unselfish, compassionate and heroic. The light that banishes darkness is really banishing our selfishness, greed, unconcern for others, violence and anger.

In spite of our beginnings, over which we have no control, how we live determines what we achieve and how we feel when our time upon Earth has run its course. Everything in human nature is faced by all people to a greater or lesser degree. This is not fatalistic and predetermined as is the beginning of our lives. It is shaped by our thoughts, actions, reactions, focus and habits. They draw people and situations towards us. Experiencing what must be experienced brings us to a state of self-determination.

Physical life is seasonal. Our bodies are physical, so we are seasonal. Everything that is seasonal passes so there is a time for all things. Not everything can be done in every season. When we follow nature's cycles, we learn the best season for

doing what we wish to do. Each season shines a light on some part of our lives upon which we should focus.

We learn to ascertain the appropriate season that can produce the best possible outcome. There is a season for us to achieve what we are inclined to achieve, in spite of obstacles and challenges that at times seem to oppose us. Our destiny has a way of throwing opportunities our way when we make a determined and sustained effort.

Observation teaches us that this world is teeming with life and we are just one form. Human beings are not greater in number than the insect world, yet we range all over the globe. We cannot fly like the birds, yet we are determined to fly. We burrow underground like some animals and insects. We turn night into day with electricity. We adapt our lives to what we create as we congregate in our cities. People living future time spans will learn from what we have done and do it better.

We share the Earth with many forms of life, so we have many opportunities to celebrate life. When a baby crawls across the floor chasing a ball, we smile. Our response is the same when a puppy plays with a ball. When a well-known humanitarian passes from our world, we are sad. We feel the same emotion when a giant tree is cut down.

It is our nature to celebrate all life, not just our own, because life is the common bond between everything that lives. Life is attracted to life and people are attracted to people as naturally and powerfully as a magnet draws iron filings to its core. We especially draw towards us those who celebrate life in the same way we do. We withdraw from those who do not have the same reverence.

The bond of life is a strong and powerful draw. We are sad when some-one is taken too early because we respect nature and wish her to remain in control of the arrival and departure of all life.

How should we live in our time span?

Wisely.

More wisely as we age, for age we do. We change from an infant to a mature and responsible adult. From there we wear an ageing body that does not follow the mind's commands. It is our everyday life that is important. Each day is filled with mundane tasks that must be done, so the daily life constructs the picture of our lives. It becomes a treasure house of experiences that gives us knowledge that can lead to wisdom.

Lords of our physical mansions command the timing of the global events of our experiences. In the correct season the unknown becomes known. In the correct season known and safe beliefs are questioned then become redundant in the following seasons of change.

For example:

The circular shape of Earth was proved. Although belief in a flat Earth was discarded, this truth was rejected by some of the current generation. Following generations recognised this truth and accepted it quite naturally.

We have not arrived at our present position by ourselves. We are a bridge between the generations who have gone before us and the generations who follow. We have risen to what we are in our lives with what we have because of the foundations built by those who came before us.

For example:

Previous generations known of in our lifetime came from a foundation of poverty. It gave them the strength of vision and determination to create opportunities for the next generation to rise from its misery.

Time Span reflects upon how the past and the people who lived it have contributed to our present reality in the same way we are contributing to the reality of future generations by the

way we think and live. In each generation there are forerunners who germinate a seed that can come to full bloom in following generations.

Who are Forerunners?

Forerunners are warriors for truth, justice and spiritual, social and cultural advances in civilisation. In the fields of art, architecture, music, writing and the sciences they break new ground. In social matters when they see an injustice, they dedicate their lives to changing what needs to be changed — often paying with their lives. In spiritual concerns the greatest of them influence humanity worldwide.

Forerunners initiate change. It takes time for a seed to sprout and grow to full bloom, so it comes to fruition in following generations. When the actions of forerunners produce change, it takes time for people to adjust to the new and advanced ways of thinking. What is given to one is for all people and so the personal becomes impersonal. When enough people change and adopt new ways of looking at life, what has been promulgated becomes an accepted reality that contributes to the march of civilisation.

For example:

African Americans struggled and died for equality and civil liberties in America. Equal civil rights have now become a natural and normal expectation for all people in Western Civilisation who were previously marginalised.

Time works for humanity. It consolidates seeds of change. It removes pain. It heals. It replaces the old with the new. The Earth has been discovered. Near space had been discovered. The oceans and the inner man are now being discovered.

The common threads that run through all life forms have been acknowledged. Hypotheses about the nature of physical life and known worlds abound. These hypotheses of science

are travelling an upward momentum into a godlike status. It still has to be remembered that a hypothesis is not a fact. Enough exposure can cause it to be perceived as such but that is because it suits those who present it as a fact.

Our experience of our time upon Earth centres on our relationships — with our complex selves, other people, our inner life, our environment and all life forms upon Earth. Science is showing how all these relationships contribute to our good health, so we need to safeguard them all.

We suffer when we have disregard for even one, because there is purpose for the presence of each. Together they make up the circle of our lives. For the circle to be complete and harmony to reign all must be present in the purest form possible.

Our mission is to find purity and build upon it so we can live out our time span well in each season of our lives. When we know how to grow purity in the seasons of time, we know what to do and when to do what we need to do.

The Earth always returns to her own ways, seen by the disappearance of mighty continents and mighty nations — the habitats of their people buried within her.

We need to ensure that we do not disappear like these mighty nations that have gone before us. While we can transpose the impure within us into the pure our civilisation can continue.

The aura of purity rises from within us. Wide and far-reaching, it affects all within its reach, changing everything and everyone it touches. When we are mindful of how we live during our time span our reach can be far and wide.

In the greater picture of life our time span could be viewed as only one day. Let us learn more about how our one day upon Earth fits into the greater picture of life so that from it we can glean wisdom which we can take with us when we waken to a new day in a new life in a new place.

As we follow the seasons of learning we develop a love for nature. We acquire patience, hope, faith and many other good qualities. As goodness within us expands we quite naturally gravitate towards the Creator of all life because worship in some form is intrinsic to human nature. In this season of time, let us acknowledge our need to worship. Let worship no longer be misplaced by becoming aligned with power and wealth, as in previous ages, bringing about the downfall of civilizations.

The season of change in our view of the One God is upon us. The face of the One God that presents for worship in this time has evolved out of the faces presented in previous ages. Today the face of the One God is recognition of its presence within creation and ourselves — found in every cell, every life-form and every universe — ever present and awaiting our discovery.

The first part of the journey of this discovery is through the light that shines upon us. *TimeSpan* is a conduit for some of this light.

Part One: Seasons of Nature

Introduction

Everything on Earth is regulated by Magnetic North/South that synchronises life in both the Northern and Southern Hemispheres. Energy brings man to physical life. Energy enables him to live here.

The cosmic heavens send their message that change abounds through their energy — delivered to Earth as cycles of life. These cycles of birth, maturity and death continue in nature through the four seasons of every year. Symbolically they are reflected in one day and in one lifespan.

The four seasons peak in the signs of Aries, Cancer, Libra and Capricorn. These signs contain the solstices and equinoxes so are often termed gateways to heaven. At these points in time energy reaches a particular peak in its potential. Nature is our mother and, like all mothers, is our teacher so we must follow her ways. Her different facets surface in each season for a different purpose. Following in her footsteps, we utilise what she offers as she teaches us how to adapt and monitor our time upon Earth.

All that lives upon Earth is affected by the weather and adapts life to accommodate seasonal exigencies. We balance extremes so our physical life can be long and vigorous.

For example:

The four winds work together to bring the monsoons. Rain falls heavily where in other seasons it does not. With each turn of the seasonal wheel, life changes. It gives to us and it takes from us what it must. With a forward focus we know that the old becomes the foundation and support for the new.

When we work with the seasons of nature, self-determination gives us control of our physical lives. We eat what the season grows. We think what the season causes us

to ponder on. We learn what we can so we can do what is appropriate in each season. This is how we create a healthy life that has purpose and meaning.

Seasons

In *spring* everything in nature is rejuvenated. The cold of winter retreats. The sun rises higher and leads us out of the dark days of winter. Aries is the sign of creation. Ruled by Mars it signifies energy. Spring is the season of new life, so it is the time of widespread birth. Spring rains arrive to cleanse the Earth and the raindrops are bigger than usual. Everything is fresh and the colours of nature are more vibrant. We too are invigorated by spring's energy that is available for our use at this time.

Spring produces new beginnings. Our hearts remember forgotten emotions and our minds fill with exalted thoughts. Spiritual realities ascend. Our spirit within rises. Desire is replaced with inspiration.

The Seeker sows Seeds of Truth.

Seeds of Truth, ever present, are keys to life — simple, lost, but recoverable. I have scattered them all over the world, making them available to the Seeker of Truth so he may find them wherever he is.

The Seeker of Truth is in my heart. I will give him all that is my heart for its chambers are large.

I will present him with all he seeks for my heart wishes truth to become visible to all who have life.

I would that all come to my table. One day this will be so, but for now truth is in the hands of the Seeker.

Summer is the season of growth and abundance in all things. Nature brings to maturity what it produces. All has to be protected from the hot sun that reaches its highest point at

this time while travelling the sign of Cancer which revolves around the Pole Star. Cancer is a fecund, water sign. Ruled by the moon, it is associated with fluids that have nurtured the seeds produced as future generations.

In this time, we reap the reward of our work. It is the season of heat. It is a time to moderate our personalities and remember that we have a higher destiny to nurture. It is a time to recreate ourselves so we can achieve physical and emotional equilibrium in health.

The Seeker of Truth grows seeds of truth.

Autumn is a time of harvest, so it is a time of material reward that produces a time of rest. Nature sheds what she can to conserve her energy as the sun goes down into its fall in the western sign of Libra.

This is a time to retain and hold what is important so an equilibrium can be maintained. Ruled by Venus, the planet of love/ indulgence and excesses, it is a time to decide to focus on worthwhile goals, control desires, regulate energy and balance the material life and the spiritual life

The Seeker of Truth gathers the fruits and seeds of spiritual treasure so he may preserve them.

Winter is a time for storage and preservation. It is a time for healing with nourishing food and rest after a time of activity.

With more repose energy is conserved, used only for what needs to be achieved, and used at a quiet pace.

In Capricorn the sun is at its lowest point. It is a time for endings and beginnings — looking backwards or forwards, having reaped the result of honest work. Saturn, its ruler, produces a stable foundation of trust based on truth and honesty.

The Seeker of Truth becomes an initiate. He prepares to put to good use all the fruits of his understanding so in the following spring he may sow more Seeds of Truth.

When *we stand at the entrance to two worlds what do we see?*

We see love radiating across the threshold — uniting two worlds. We see life crossing the threshold between two worlds — descending and ascending in limitless apparel.

We see light streaming between two worlds — the tiny spark and the radiant illumination. Crossing the threshold, the spark becomes radiant illumination and radiant illumination diminishes to a spark — according to the direction of travel.

Misty Eyes

The mist comes down, a world is born.
Fresh from the mists of time I fly.
From the wings of the wind I alight.

A sublime thought am I.
A streak of light am I.

Curving around a memory of loves I have known
I wave as I speed on my way.

A sigh on the wind am I.
A breath of hope am I.

The mountains of prayer beckon, their description elusive,
Resplendent words required to unwrap their majesty.
A seated Master, a waiting scribe, glorious words.
Come to my table.
I approach.

When objects are rare, they are perceived as precious and valuable but what about the life of the human being? Individual and unique, precious and beyond price, each is worth more than any rare item. Society is the sum total of its people.

The presence of each person shapes the life of society, contributing to what the whole creates. When one life is taken before its allotted time, a light that is contributing to the make-up of society is extinguished and society is changed because of it.

Progressive Technology

The true purpose of all discoveries and inventions is to ease the lives of human beings upon Earth so they may be inspired to follow natural law then progress further. We are living in times of prolific natural disasters, so we are concerned with making rescue a speedy reality. Our progressive technology makes this possible.

What is progressive technology?

Progressive technology creates tools that allow national and global communication to be constant, reliable, affordable, easily available and easy to use; especially during worldwide disaster.

How is progressive technology achieved?

Some men and women are able to receive inspiration. Some men and women can make inspiration a physical reality. Some men and women can finance ventures.

By working together, they can turn inspiration into viable products that can aid in rescue during times of individual, national and global disasters.

Where does technological inspiration come from?

You live a physical life on a physical world that is not perfect. Within you there is something greater that wants to

help people when they need it. You look to the vast skies above and ask, *How can I help*?

In an unexpected moment an answer comes because the question is asked on behalf of others. This is how those who live in spiritual worlds help those who live in physical worlds: *Practically and usefully — for the greater good*.

Even when our path is straight and true, we weave our way along its route. When our path is full of twists and turns, not only do we experience these, but also our own weaving.

You have all the qualities you need to negotiate your way.

Toolbox

Everything I say has been said before.
Everything I think has been thought before.
What do I contribute to my soul?
What do I contribute to the world?

There is a giant well of availability. It is your Toolbox. You dip into this toolbox before you come to Earth. You take what you need to construct the personality best suited for you to achieve your goals on your journey through physical life.

All people who have lived, are living and will live on Earth do this before they enter physical life. The focus of each is individual. The needs of each are individual. The possible achievements of each are individual.

When you choose qualities from the Toolbox each brings advantages and disadvantages, so you have to learn how to use them wisely and effectively.

Good and beautiful qualities are tools to achieve a purpose for good, yet these qualities can be seen by others as undesirable, their presence in you producing a negative reaction. This does not make the qualities undesirable or negative.

Look within and analyse your thoughts, words and actions. When you find nothing wrong do not allow the reactions of others to affect your actions. By being unconcerned about how other people react to you, you do not react to them. Your focus remains on your own planning and activities in the achievement of your goals.

Look at all your qualities and know that you have chosen them for a purpose. They help you create the life you need even when you think they do not. You do not need anything else. What you have within is your foundation and you build on it all throughout your life.

You expand and contract your qualities in response to each situation in life. Upon the passing you travel further afield according to what you constructed while you are here. This is self-determination. This makes you arbiter of your own life and destiny.

When you live with a propensity for goodness there is no need to berate yourself for any thoughts and actions. When you are concerned about them, they are only reactions. They are not purposeful thoughts and actions of evil intent. They are not karmatically important because they have no power of intention.

Understand the Toolbox and all judgement of yourself and others becomes unnecessary and irrelevant in your life.

We are forever young, forever able to find new direction and forever able to begin new ventures. We are this way because we are creative, and creativity does not age. When our bodies can no longer produce what we wish to create our minds and hearts can continue to hear and see what we have always used our hands to create. We can sit in quiet contemplation and allow inspiration to flow.

Dichotomy

My spirit is eternally young, yet my body is aging — a dichotomy of experiences that cannot harmonise.

It is wise to focus on the life offered by your spirit for it offers a future the body cannot. This is difficult to come to terms with, but everyone must. Love what the Earth life offers too much and desperation and anger drive a frenetic physical life style that cannot be sustained

The olive branch originated in Ancient Greece. As a victory wreath it celebrated the champion Olympic athlete. Later the Romans used it to signify peace after war. It was carried in triumph by Mars, the God of War. In Western Civilisation it signifies peace between two warring parties.

I am seated before a wise and beautiful soul who speaks of a peace I long to be part of — a peaceful world filled with peaceful people who have peaceful inner lives housing peaceful thoughts and emotions that create peaceful activities.

Olive Branch of Peace

With the turning of the wheel in daily life joy can change to sadness. After an emotional storm what life offers is once again appreciated and sadness changes back to joy. Your contribution to life enriches everyone and everything with which you are compatible. They also contribute to what you have and give you an increase. Their qualities have become more accessible to you because you have increased your capacity for what is offered.

Worship of the One God is always important even though you may think you do not know how to worship — even though the concept of the One God seems a distant experience. By being observant in your daily life you appreciate what each day brings and live fully each moment of every day. In this you are

worshipping the One God quite naturally. Living this way, even when you are performing mundane tasks, is following the drive of your spirit.

Life is a mystery. Throughout your lifetime you experience all its vagaries and nuances. You recognise them everywhere. In every blade of grass, every bird, every animal and every human being you pass you are observing the manifestations of the creative principles of life.

Science will continue to unravel the mysteries of life and the way each life-form contributes to the well-being of all other forms, including human beings.

This gentle way of living quietens the physical mind because your eyes are focusing on what is alive. When your eyes focus in this way your soul speaks through them because it has an affinity with life. When you focus your sight more, thinking becomes less and your movements more natural and graceful.

Have no beliefs then everything is not perceived as good or bad. No personal judgement is necessary because everything is acceptable, seen as belonging to the turning of the Wheel of Justice that ultimately brings about the dignification of the spirit of man.

When an emotion is directed towards you, a word spoken in anger or a deed committed against you, accept that what is happening is arising from something inside the person perpetuating the occurrence. It does not come from you. By not directing your energy to what is happening no judgement is born.

This attitude towards events has no need for the olive branch of peace to be extended to the perpetrator because your heart is unaffected. When your heart remains constant your actions are a result of this steadfastness.

View human contact as neither necessary nor unnecessary and you will have little need to communicate

your ideas. You will see everything that happens as a natural part of life, not requiring your comment of approval or disapproval.

Live according to these dictates and you are living fully and simply, worshiping the One God because you are grateful to be living the life he has given you.

Make no apology for how you live.

People often extend the olive branch so others will interact with them in the way they wish them to. This is how they draw others into their plan for life. When your concern is for peace in your life everything you say and do comes from a pure heart that has no expectation of the same being returned.

When what others think, say or do does not change your outlook you do not require the olive branch of peace to be extended to you.

People can come towards you or walk away, and you can maintain your peace. This is peace that comes from the life of your spirit within not from the physical world.

There are times when we sit down and put our heads in our hands. We compare our lives to the lives of others and ask why things are difficult. I look to nature — my teacher — my mother. She tells me that people reflect the array of activities she provides.

Nature, my Mother

My mother allows the sun to shine.
It warms me and I become indulgent of its rays and remain too long.
She shows me the other side of its warmth — fire.
She sends me lightning that wakes me up and has me running for shelter.

I sink back into the embrace of the sun. I remain too long.
She removes its warmth. Its absence brings snow and I flee inside.
I reach for the sun and a gentle breeze cools my brow.
I linger too long.
She sends her whirlwind and I reach into the Earth to hide.
I lie in the warmth of the sun. The spring showers quench my thirst.
I remain too long. She hurls hail towards me, and I capitulate.

I shall use the time of the breeze to work for the Earth. I shall sow seeds and plants to bring life to her surface. I shall plant and moisten her in those places I have changed to desert. I shall only take my rest in the sun after my labours.

I board the train of life when a profound destination awaits. I practise its glory in the time I am given and then I reach for more. Better than being left at the station.

Dance of Life

The dance of life sews a garment with all colours and textures blending naturally and without flaw. The garment is light, mist, shadows and colours — woven by constant movement through time.

Evolving light, the spirit of people, stills a new wine as it moves effortlessly through experiences of truth. With an expanding gloriousness a greater light is embraced. It enters the soul as a new wine, modifying, reconstituting and incorporating into the best of what is within; extracting and discarding what is no longer required.

This glorious light of spirit animates the bodies and souls of men and women upon Earth. It lends its beauty to those who

acknowledge its existence, the joy of its radiance shining on their faces.

What gives life beauty?

Life contains an array of possibilities that present in response to what each heart desires. Is this not the most powerful gift that life brings? Through the desire of their hearts all men and women travel the circle of life to reach their chosen goal. There are difficulties. The direction is chosen through self-determination so why see things as difficulties?

It is not by chance that the circle is symbolic of the spirit of life. It is not drawn with a single stroke of a pen. It is drawn with fine lines that circle round many times, creating fine pathways. From a distance the stroke looks solid but up close the many fine lines of the circumference can be discerned. All around each of these lines are the mists, colours, shadows and lights of experiences that the heart draws towards itself.

Seamlessly life is experienced without pause, translating from physical to etheric to spiritual, transitioning without break and recorded in the soul. The eternal spirit is a shape shifter in the worlds and universes of the many mansions of the heavens.

Some people have restricted lifestyles, controlled and influenced by culture, environment and other people, but they have free minds. They have big hearts. They can still draw the life they desire towards themselves, even though its manifestation may be delayed. Because of the seamless, transitional nature of life, all dreams, desires and aspirations of the heart appear as reality in some place, in some time and in some way.

The heart produces the view of the world that each chooses to see so it creates the beauty of life. All that presents at some stage has been called for so it should bring joy. When it does not, change your calling until the world is seen with eyes that converge upon beauty and harmony. There are no

sharp corners in the circle of life so travel should be rhythmic and graceful, with a natural balance and readiness for movement — a seamless blending that creates the dance of life.

Why do we seek silence when we want to quiet the thinking mind?

Can we ever find silence?

Creation has a sound that is the music of the spheres. It is reflected in the solar winds that emit a reverberation throughout the universe. It is reflected in the radiations of the sun that have the resonance of an inferno. Clouds clap their beat. Lightning flashes its resonance.

When we listen to the sounds of nature our minds come to rest. The wind carries the sounds of life all over the Earth. The birds chirp their language. The insects sing their songs. The leaves rustle in the trees and speak of their companionship.

These sounds become muted with the fall of snow. The resulting silence transmits the beat of the Earth's heart.

Music to Our Ears

The sounds that heal and encourage are becoming harder to capture as the world fills with the sounds of human activity.

Who can hear the sound of a waterfall?

Its waters descend, rush onwards then change to a deeper calm.

They encourage our unending movement that is far-reaching and strong, taking us to a tranquil place.

Who can hear the sound of a stream?

Its gently trickling waters meander through the vegetation nourishing all that grows nearby. It speaks of tinkling laughter on the lips of lovers.

Who can hear the sound of the river?

The shifting momentum of its waters surges on through all habitation sweeping aside any impediments in its path.

Its waters teach perseverance in changing circumstances.

Who can hear the wind in the forest?

It ruffles the leaves, sways the branches and tests the strength of the tree.

Its message reaches all who live nearby, and they are touched by its wisdom.

Who can hear the cooking fire?

It sings as it gives all that it is, while losing no part of itself.

The inspiration of its colours teaches adaptation to a moving, changing environment

Who can hear the gentle rains?

Their tiny drops fall softly and the washed plants glisten in the sunlight absorbing the nourishment they need to grow.

Its sprinkles of water wash away the dust in lives and speak of new growth.

Who can hear the thunderstorm?

Calling from one end of the Earth to the other it transmits the sound of energy.

Its voice shouts a message across the void, so all wake up and take heed.

Who can hear the voice of the flowers?

Their colours radiate in the sun and gentle rains to mark the changing seasons.

The beauty of their colours speak of health and joy as they paint the smile on the faces of all who take the time sit with them.

The children hear.

With the arrival of spring our hearts heal in its rising aura of youth and beauty. We look at the budding trees and carpet of colour presented by flowers. We copy what we see. We array ourselves in our brightest clothes and lipsticks. We step out in jaunty hats and colourful shoes. Our smiles tell the world that we feel life coursing through our veins, even if in some of us it only meanders.

We give renewed life to our immediate environment, painting, trimming and planting.

For a moment nature bows to our will, knowing that ultimately, she has her own way.

The promise of lusciousness has us checking the miracle each day and our spirits rise. Like life in our environment everything that grows reaches for the heavens in worship of the Creator.

Heartbeat

I wear a seamless garment for I too have been given everything I need.

I know where to place my tall trees. I know where to place my grasses. I know how to bring the waters to all I nurture to full bloom.

My garment is woven with blue and green, subliminally streaked with metal ores and illumined with iridescent light.

Each colour I give you goes deep into you for we are one in the universe. All that is rooted in me strengthens you. All that waves in the wind inspires you.

I have the pulse of the universe and you have my pulse. Allow me to keep all I have, and I will give you a strong and steady heartbeat.

Happiness is made up of ephemeral moments. When happiness departs, we can spend time striving to replace it with similar experiences and people or we can embrace what is new and different.

What has passed cannot be replaced.

It is hard to accept that the passing of time has brought an end to known happiness, but the empty space left with its departure is destined to be filled with something new and wonderful. We have to allow this to happen.

I cannot look back. I need to look at the sun and the rain and feel privileged to see both.

Revolving Doors

Call me and I will come, but as you go through the door in one direction, I go through the other door in the opposite direction. For a second we glimpse each other, and our smiles renew us. Our hopes are rekindled, and our courage is strengthened.

The smile of each for the other, when our paths cross in our journey through the revolving doors of life, renews us. These are stolen moments of transitory encounters. Our smiles strengthen our resolve to live well until the appropriate time our reunion prevails. These transitory moments impact upon us with profound knowledge and acceptance of what is. They are a continuing connection that inspires. The process of change has caused our perfect moment to evolve into an ending that is to produce another beginning.

When you reach beyond Earth for knowledge you then earn it by living it. You may have questions about the changing nature of life, but they cannot be answered by everyone in

worlds beyond. Not all residents have vision of your physical experience. Not all residents have knowledge at their fingertips. They also have to reach for knowledge and earn it by living it.

When communication concerning your physical life comes to you it has been stepped down to inhabitants of etheric worlds to reach you. During this process a natural screening takes place. Communicators in the etheric world do not have the greater vision and awareness available to those in the greater beyond, so only some information is passed to them. This is why some questions regarding Earth life cannot be answered by the residents in the life beyond.

For you to receive a wider view of physical life, information has to come via those who have a wider perception of the spiritual philosophy of life and how it reflects into physical life.

Discover each new day through your own awareness and you can know how your daily decisions affect the direction of your future that is growing out of your present.

Spiritual philosophy is not personal. It relates to the journey of all human beings, so it is educational. Each aspect of its philosophy can be applied to the life of any person. As your knowledge increases you receive greater inspiration that becomes resolute endeavour. Etheric teachings have little knowledge. Accept them and you will be filled with self-doubt that becomes immobilisation.

Why do we waste our time feeling sorry for ourselves? Before any upsetting event we always receive the prerequisite courage that allow us to persevere through difficulties. We always have the amount of support we need. As we grow through our difficulties, they no longer feel difficult.

All is as it should be.

Poor Me

Does the leaf say *poor me* when it falls from the tree?
Does the sun say *poor me* when the clouds block its radiance?
Does the drop of water say *poor me* when it tumbles from the heavens?
Does the wind say *poor me* when its load is heavy?
Does the seed say *poor me* when it departs its dark home for life in the light?
The leaf enters the Earth and supports the seed.
The drop of water parts the clouds as it tumbles to the Earth to sprout the kernel.
Nourished and moistened the seedling smiles at the sun, opening its arms to welcome its warmth and the moisture carried on the wind. *All is as it should be.*

We are touched by the presence of other people. Their expressions in moments of repose reflect their hearts. Sadness that they normally hide from the world becomes apparent and we feel compassionate empathy.

Empathy

Serenity intrigues and we are beguiled by her poise.
Joy radiates and we gravitate to its reach.
Tears flow and ours well up to join them.
Fear flashes and we our smiles heal.

I knew a gracious man. He radiated warmth and strength. His path crossed mine and I had the opportunity to be inspired by him.

Gracious Life

He is born of a line of kings; a line destined to die out with his passing. His eminence radiates from his ordinary attire that cannot hide his inner stature. Graciously he goes through life,

carefully placing his footsteps so none are disturbed by his movements. Like water flows to accommodate its surroundings, he adapts to a life that others seek to influence. With quiet strength he gives his wisdom to those who recognise his qualities of distinction.

They are the ones who are touched in a beautiful way. Strongly, he stands between Heaven and Earth — a symbol of life flowing between two worlds. His acceptance of changing circumstances in life allows him to embrace both worlds with ease. With impeccable timing he assimilates what is needed from each when it is on offer. This line of kings may be reduced to a humble status in the eyes of man, but his radiating strength and wisdom say otherwise. He extends peace as he reflects a gracious life.

Home holds an important place in our lives. It creates a haven that nurtures us and provides safety and shelter. It is a sigh of relief as we pass through its doors because it houses our hopes, our dreams and our love.

When it ceases to do these things, we have to look at ourselves and wonder what we have done to our home. What thoughts and words have entered its environs?

Home is not the decoration and layout of its rooms. It is the living, breathing life we put into its walls so they can comfort and strengthen us.

Love your home and it will return your love fourfold.

Simplicity's Blessing

The universe cradles our world and Earth cradles us, so what is in the universe is available to us. All we have to do is reach for it. Love exists in the universe in a comparable measure to this vastness that houses our home, so love exists in comparable measure upon the Earth.

There is no vacuum in the universe. What is given away is replaced. When we forget what self wants to receive and we give, the space left by giving is filled with the love of the universe. We are learning to give more of ourselves to others in life just as in death we give because our time of accumulating for self is over. The giving takes us to the threshold of the next step. When we give love, time and compassion, the universe fills the space of our giving with the same, only it is augmented with what belongs to our next step.

There is loneliness on Earth, so Earth is the lonely planet in its universe. It is a place for those who have veils over their eyes because they choose to see only what is in their immediate vicinity.

Alone I stand but the universe swirls around me and is my true friend. Although vaster than me I am part of its essence and I glory in all that it unlocks. I keep my eyes gazing out towards the universe, searching for its simplicity.

The road to simplicity is complicated by 10,000 distractions that bombard all the senses. Deflect them and ahead you will see Simplicity standing in a cloud of serenity — an unearthly figure, the colour of alabaster white, radiating a pearl glow that emanates from a still centre.

I would that I could approach and receive Simplicity's blessing. I will do what needs to be done to earn this right.

Each day holds a purpose, or we would not have the day. Each day we produce experiences. Each day is ordinary, yet it is unique because it allows us to leave our mark on the world by contributing to its evolution.

I wake with the memory of a dream that is a teaching about vibration. It reminds me that I cannot remain forever in the company of the person I like to be with.

Focus

When you keep company with someone who only fills your time, your time is not focused on the task in hand. When you spend your time with casual encounters that only give social pleasure, your time does not focus on the task in hand. Repeat these encounters often enough and they become an acceptable and familiar way to spend your days.

Constant light, social encounters and friendships eventually bring a sense of inner loneliness. People who encourage and support your task in hand contribute to the companionable vibration of the spiritual world that helps you focus. Every day you choose your focus in life. For that day it intensifies or diminishes the task in hand.

Recall what you did in days that brought you happiness and you will find that the activities of those days were part of your chosen focus and work that had useful purpose. You will find that the people with whom you shared these days appreciated your endeavour.

Refugees, the displaced, deportees and illegal immigrants are part of humanity. They have loved ones, friends and families. They form a large percentage of our populations. These people belong upon the Earth, yet countries only want them for cheap labour. Where can they go? What place can they call home?

My Land

There is limited land upon Earth. It is here before we come and remains after we have gone. During our short stay we have use of the land. Our blood is spilt upon it. Gold is exchanged for it. We try to restrain it. We create our own surfaces upon it. Left alone, the land always returns to its natural state.

The land cares nothing for your blood or your gold. No matter how much is spilt upon it, the land is not owned because you have to leave. The land knows this, so it smiles at your blood and gold. They have come from the land. They shall return to the land when you leave.

The land thinks you are like children. You give up what you love to have what you cannot keep. What did you do with the people who were born to the land you took with your blood and gold?

We all want to learn, grow and feel needed. We all want to belong to something and someone. We all want to have purpose. We all want to achieve something worthwhile. Without these things we do not know what to do with ourselves when we rise in the morning.

Whispers

We look around the world and we do not always like what we see, but what we see is part of who we are. It is the larger picture constructed by the sum total of the individuals belonging to the human family. What can we, as individuals, do to change the picture we see? We do not have important positions in life. Our voices are only whispers that do not travel far. We do not feel we have an important destiny.

Each person has an important destiny because each person contributes to the larger picture. Each person can spend his life seeking to become part of the picture of life he would like to see in existence. It will then become so.

What picture of life do you see? What picture are you going to become part of?

Let it be goodness. Let goodness reign once more then goodness can become widespread. Your whisper of goodness

can reach those in your vicinity and in this way spread across the face of the Earth.

Hold onto life. It is precious. Do not put it in jeopardy. A silent life that can only whisper is better than a forfeited life. This is not the silence of tacit consent to what is not acceptable, but the silence that withholds acceptance of what is not acceptable. There is a distant sun on the horizon. Its rays are corridors for a new man to enter the Earth and sow a seed of hope. He will leave, then two more will come to germinate the sown seed.

They will leave, then four more will come to water the seedling. They will leave, then eight more will come to feed the plant. They will leave, then double their number will come to harvest the fruits of the endeavour of the new man for those in need.

Hope reborn will light a radiance that will spread across the Earth to show a new way, for in this time the people are many, and they will need help.

Responsibility is ours. We are responsible for our thoughts, our words and our actions. We cannot say that another person or an event has caused us to behave badly.

We have to learn to change so that we remain who we really are, then no matter what is said or done to us, our effect upon the world is mellow.

Weather

When we are as we should be the sun nourishes.
It does not burn.
When we are harmonious in thought and action the rain cleanses.
It does not generate floods.
When we live in peace the wind transports.
It does not devastate.

When we give solace and aid the seas flow.
They do not overwhelm.

Fed sheltered and warm, we share and care.
In response, the weather is mellow.

We find our place to live and we build our lives around that place while we are here. We view our environment with love and learn how to enhance its beauty and energy.

I have a vision and see a picture of a hand grasping the rope of the boat I am in as I travel down the river. As it draws me onward, I pass a panorama of nature and become aware of her different energies. How can I harness them in my environment?

When the turbulent approaches, vacate the area.
When the fire rages, water its flames.
When the heavy rains loom, dam the Earth.
When the Earth erodes, plant the trees.
When the trees overwhelm, cut their branches.
When the axe breaks, fire the kiln.

Place Your Footsteps

Walk through the woods and an aura of protection descends as your eyes note the colours of wood, flowers, vegetation and the small birds flying low from branches to branches.

Walk through the forests and feel wonder for the majestic stature of the trees that were standing long before your great-grandfather.

Walk through the fields and smile with the flowers swaying in the wind, their colours contrasting with the variegated greens of the grasses.

Walk by the streams and inland rivers that lead to lakes and feel inspired to walk gently through life.

Walk by the oceans and let their thunderous roar cleanse city life from you and take it on the outgoing tide.

There is always a place in nature where you can find inspiration to live well and so contribute a full heart to the world you live in.

I come and I go. The minute my footsteps touch the Earth I join with the breeze. I then leave on its breath, for having delivered me to this place it gently releases me.

All that lives upon Earth has its roots securely in the Earth. What grows towards the heavens has movement and offers shelter to all who pass by, whether it is the insect taking cover under the small leaf of the flower or man sheltering beneath the branches of a tree on a hot day.

Plant your feet firmly upon the ground then as you move through life you can give shelter to those who need your words and smile to encourage their own movement. The trees, the flowers and the grasses are not serious. Mirror what grows in nature and you will find that seriousness vacates your heart.

A serious attitude has little place in life. A construction so you can fit into society, it moulds your personality which should be your own.

Your joy can be your own. Your anger can be your own. Your grief and worry can be your own. Your fear can be your own. You can use what is your own and discard it at will. You can use one emotion to allay the other. Anger removes fear. Joy removes anger. Pensiveness subdues overly, joyful emotion. Grief removes worry. Fear removes grief. Choose and use what is your own and you have no time for a serious attitude.

Accept the life you have as the worm accepts it is to become food for the sparrows' babies. Accept the life you

have as the tree accepts that it will stand and guard the soil. Accept the life you have as the grasses and flowers call to you across the valleys and the hills, their sounds carried by the breeze — music to your ears.

Accept the life you have because you are born where you need to be to do what you need to do. Whether you are destined to do things in a small way or in big way, all is well.

Whatever is said or done in life, what is bigger is not better than what is smaller and menial. The tiny task has the same place in life as the great task. The earthworm and the butterfly have the same place in life as the elephant and the lion.

Whether a person is well-known or not known, both are equal, not in the ways of the Earth, but in the ways of eternity.

You will come and you will go. You will walk the Earth and place your footsteps where they need to be. You will contribute something good and the Earth will be better for having asked for and accepted your presence. This day that is your life is short. When your task is done you will place your footsteps in a different way, but wherever you place them they are able to continue to contribute something good.

These are quiet years that are filled with the promise of more learning. This is exciting. I acknowledge that a quiet life allows learning to continue.

Rest in Peace — Guidance 15

Your mind is still, so exercise your body gently. Your soul is offering your heart peace because your spirit is directing your focus of attention. During this time do not initiate. When something comes to you, do something. When nothing comes to you, do nothing.

Time Span is the story of a quiet life, something you have not known until now. All people have to embrace a time of

quiet and they usually do so in their later years. Show people the way.

You have no thoughts so during this time appreciate your life through your other senses. Rest as you observe all around you without contemplating upon the whys and wherefores of people's lives. Rest in peaceful ventures. Rest in the embrace of nature. Be joyful in the simplicity of aloneness.

Sitting in the sun I go into a short reverie. I am enchanted by what is offered by this place I see within. O that I could come and go as I please.

Meeting Place

The room is circular and open to light all around and the walls are overlaid with carved flowers. Pansies and circular shaped flowers with five petals are interposed with tall reed-like plants. The prisms of flowers radiate magnificent colours that construct geometrical reflections around the room.

All is light. All is smiles.
A meeting place to aspire to be in.
Light calls me here.
Light leads me here.
Light heals my soul.

Floating bubbles of light are worlds built with laughter. Their coating of iridescent colours is made with song. Gliding through the vault their movement is created with music. I aspire to live everywhere as I live here.

Moments of sadness are usually brought to us, a gift from a thoughtless person. It takes time to learn that the thoughtless person is not the one to direct emotions. Better to

know your own heart that can gently accept compassion and reflect all else back to its source.

Via Dolorosa

Your world is within. Your life is within. Everything you need is within. All that is outside is a distraction. Every day you make a choice about what is important.

Via Dolorosa is a place to be travelled alone. The place for conjoining with others is elsewhere, where the way is shared with harmony. On Via Dolorosa strength can be found on the unshared road.

Via Dolorosa asks us to bear our pain alone, striving to find its origin and seeking to dissipate it through fulfilling a greater purpose. All that Via Dolorosa displays is a distraction from this purpose. Her invitation to find pleasure in everything is the greatest distraction of all.

Pleasure is but a reflection of spiritual ecstasy that is achieved when there is no desire or need for pleasure. Spiritual ecstasy belongs to aspiration that leads to a future place. Via Dolorosa is a mirror life. It reflects spiritual travel and achievement. Look at the reflection, then look for its spiritual counterpart and work towards what it offers.

For example:

Happiness brings joy that can be found in the simplicity of being alive without expectations. It can be maintained throughout all that is done — work, repose and contemplation.

I cannot tell you what you need to know to live well.
I cannot tell you how to live well.
I can show you the way I have travelled.

Along this way I learnt what I needed to learn.
You may need to learn something different.

What I can tell you is the effect of how I applied what I learnt.

What you believe and what you do not believe does not change the equal footing all people have. All beliefs, all learning and all experiences lead to the same place.

The spirit of man gives life to his body. It adapts the body to physical life by differentiating its capabilities through the different areas of the body. This allows for different functions in different organs. Its palace is the heart, so the heart is capable of directing your life in the best possible way.

Listen to your heart so your health can be constant, no matter the conditions around. Maintain the life of the spirit of your heart so it can maintain the life of its expression that filters to every part of your body. This is one way to achieve and maintain good health and happiness.

We do not always know of or see the heroic actions of people whose lives are bound up in service for others. Some want to relieve pain and suffering. Others want to bring joy.

It is difficult to live upon Earth according to the best that is within, but this way of life leads to contentment of the heart.

Treasures of the Soul

You come and you leave. You bring your heart and you leave with it. During your time span you gather pearls of wisdom to fill any empty spaces in your heart.

Where are these pearls of wisdom?
How can you find them?

Take a moment to reflect. Via Dolorosa does everything it can to capture you in the net it casts. Its blurs your finer senses. It places veils over your eyes.

It fills your mind with its intricacies so you cannot hear the murmurings of your own heart.

Via Dolorosa is a place of choices. You do not have to find a purposeful meaning to your life, but you can. The choice of your heart is always purposeful, but you can live any way you wish.

When you do find purpose in this place, this is an achievement because nothing here encourages your quest. Only your heart yearns for it. Only your heart longs to pick up pearls of wisdom.

We want your quest to begin because we long for your arrival into our hearts. We can then share with you our worship of the Creator from a place that promotes worship.

We want to give you everything in our hearts so you can recognise what your heart seeks. We want to give you all the treasures of our souls so your soul can sing once again.

We want to shine spiritual light on your endeavours so you can find your way, knowing you are supported, encouraged and guided in your quest that the people in your life inhibit and oppose.

There are many people upon the Earth today but there is still difficulty in finding compatible hearts. Each person that draws close has a vision for life and most often it is at variance with our own.

This situation can bring loneliness and despair so we must always remember that each of us has to follow our own destiny. We do not need others' approval. It is not always forthcoming, not even when we work for and achieve success.

A Heart Divided

The Earth belongs to the people who are attached to its ways. At first the ways of the Earth are hard to set aside, difficult to leave because physical appetites are strong, and

they call to all people. With a determined quest you can set them aside. Once this first hurdle is vaulted desire for the higher quest grows, displacing all that is not of it. The knowledge of the universe becomes available and your reach broader.

Look to your heart and isolate your greatest desire. Strive for that. Once achieved look again to your heart and strive for its next priority. When your heart and your will are united you can make happen what you need to make happen? I give you repose so you can set aside the quest for a moment in time. Open your heart as I send you endeavours that will expand your horizon of influence. I share all I have so you may follow a clear way.

I yearn to recapture the vibration of Lemuria because it is a powerful vibration of love, sharing, caring, understanding, support and encouragement. It is a vibration that stimulates all that is good in people. The spiritual teachers bring this vibration of the past because it is the foundation of the physical life of the human spirit and they want to elevate the human spirit upon Earth.

Utopia is a perfect place — my perceptions of Lemuria.

You have a future. Your dream of the past can inspire your present to promote change for the good in people and the good on Earth. Grasp your dream. Play your part in in this renewed reality.

Utopia on Earth

Each day is a complete life, often producing many twists and turns. The outcome of any day cannot be predicted. What you do not expect to happen can.

When you do what you did not expect you would be doing, do it without fear, stress or any pre-conceived idea of the

outcome. Act with courage and a sense of adventure and you will survive the twists and turns of life in the physical world.

You may have dreams of Utopia, but they are really memories of a past reality. Utopia can be achieved once again, but at this time man's treatment of the Earth slows the arrival of this new dawn.

You are living in an age of consumerism. It creates large amounts of inorganic rubbish and chemical waste that conflict with the ways of the Earth and all that live upon her. Working life is uncertain, no longer a right that is automatically given. Financial income and expenditure are difficult to balance and there are large amounts of time available for myriad choices of leisure activities.

Throughout the days of this reality thoughts of Utopia keep the dream alive for it was a time when men and women created products necessary for life with a view to their final destination, which can only be within the Earth.

Products were made of materials acceptable to the Earth. This is possible and will be so again, but the road to this outcome is long and hazardous.

When your thoughts are criticisms of what is and your dreams are of what should be, they are judgements of an existing reality and have a negative value. They mask an underlying rage about an outcome that is beyond personal control.

Thoughts for improvement of the structure of society become positive when they produce initiatives that can be put into action. Initiatives work towards fulfilling the dream of Utopia. Keep the dream alive by producing phases that lead to this result.

Useful thoughts carry change for the better because they are reflections of a spiritual philosophy that teaches society how to make changes for the better. This takes time and numerous steps. Sometimes what is has to be accepted for

now, best viewed as something producing a need for change. The stage is set for change in due season. This time is not tacit acceptance of what should not be permanent. It is silent acceptance that the time for big changes is not yet here. The work that can produce a better way is fomenting and eventually a good result will be achieved.

Spiritual philosophy shows how the life of man incorporates many opposing and conflicting features that are incompatible, but each can become a step for change. Together they produce more steps that lead to another pathway that carries more goodness. Business is ruthless. Heartless behaviour belongs to the animal side of man that reflects the violence of nature. In this time upon Earth animals are both predators and prey. The bird catches and eats the baby turtle. The kill is violent to the turtle, but easily executed by the bird because it needs to eat.

Man has the ability to be violent and kill his own kind. When he displays these traits, he becomes a predator. He is not prey for any other animal, so this behaviour is not necessary or desirable.

At the other end of the spectrum man knows he has these traits, but he chooses not to follow them. He acts according to his ability to discern the difference between good and evil and right and wrong. He chooses to live according to his spiritual qualities that have no need for ruthless violence. Live every day as a complete life. Your every-day situations bring choices of what to think, see and recognise as being important. Act accordingly. Ensure that your environment is producing the life you want. If it is not, change it.

Part Two: Time

Introduction

Bound by our finite world we are experiencing time. Even though we do not understand what time is, it is a gift to be used wisely because we have no control over our length of stay within its precincts.

With our feet on the ground and our minds in the heavens we live out our physical lives upon Earth. We have reveries, dreams, daydreams, visions and meditations that retain our link to timeless worlds. They teach us how we can weave the coat of many colours that is made from our thoughts, all of which produce the lives we wish to have. Let us take care that our lives produce the peace and happiness we seek.

The minutes, hours and days can seem to move slowly, but the years always pass quickly. Let us be mindful that the years are not wasted because the minutes, hours and days have not been productive.

The Law of Change rules the passing of time and ensures that there is no constancy in our years. Some years are busy, and some are quiet and reflective. Energy and health fluctuate then diminish with the passing of time, but activity, concentration and attentiveness can continue throughout life when we adapt to the demands of time. We can focus on an expanding horizon or we can continually reflect upon the past.

How do we use time wisely?

Our real self is the sum of all our parts although we tend to focus on only one part at a time. Over time we learn to reign in our emotions, discipline our mental faculties, follow our intuition and worship our Creator, even when we find it difficult to understand what makes us who we are.

We can use time to unite all these parts of our self because Earth is the best place to do this, even though it is the most difficult place.

We can learn to eat every day a little of all the foods that nature provides to give the frail body what it needs. We can learn to think what is worth thinking. We can learn to feel a little of all the five emotions without being overwhelmed by any one. We acknowledge that a greater part of the Creator of who we are lies beyond time and so can learn to acknowledge that there is life beyond the Earth.

Father Time is our teacher. He provides foundations of truth and he gives us boundaries. With our effort to learn, truth expands to shatter these boundaries. We can then build anew on the foundations and contribute to a legacy for future generations to further build on.

At times we need people to love. At times we need the comfort of heart-warming friendship and companionship. At times we need people to encourage and guide us.

We search for a wise teacher who can extend us. We may find some of these people. When we do they are a gift to be appreciated because their unique presence is not constant throughout our lives.

Time Span

Physical life can seem a strange experience. Your heart provides the goals and best choices available to you. Throughout your life much energy and time goes into achieving them. You give a lot of thought to what you have done, are doing and still want to do. Although your thinking creates your focus, the efficacy of each thought has a time span.

Human life is transient. Everything follows a cycle that comes to an end. What makes life seem strange is that when you are engrossed with your plans and your energy is directed

towards your venture, this thought does not occur to you. At the beginning of a venture you cannot conceive that it will eventually become non-existent for you. Your focus does not include this time span but whatever you are doing will come to a pause in time so new goals and ventures can emerge to replace existing ones.

Human life may be transient, but the Greater Life is eternal. It contains the Eternal Verities that can be applied to human life. Their philosophy presents eternal purpose that gives hope for a future in the life you are living, no matter your age.

At any time in your life you can make and achieve goals. Once their time span is complete, successful or not, they have to be released. They cannot be maintained beyond their time span, the length of which you do not know.

Better you release them without regrets. Destiny carves all time spans according to the Eternal Verities, so you have to comply with the beginning and ending of the seasons of time.

This is a harsh reality and Acceptance has to be reached. Acceptance has companions who follow in her wake — Aspiration and Refined Energy. What has been experienced, enjoyed then lost to time belongs to a pattern that has been completed.

Through Aspiration a new pattern can emerge. Refined Energy then takes you in its new direction and together they construct a new goal — a new purpose leading to a new venture that is appropriate for the season of time you have moved into.

Acceptance of the changing seasons of life calms a bewildered mind. Acceptance of the transient nature of events, relationships and activities comforts a sorrowing heart that has lost what it knows and is comfortable with: often what has been taken for granted.

What messenger would you like to receive?
What message does *would you like to hear?*

Transience does not mean lost. Transience is rearrangement of the molecules of life so that the learning outcome from the experiences of the old transfer to the experiences of the new as a foundation of knowledge. What has passed can be revisited when the journey beyond physical life continues.

Accept that the experiences of every moment lived are transient and your heart opens to new experiences when they knock on your door.

All that is behind you has your back — a protective barrier when, like an explorer, you are searching for the new, not wanting to repeat the old.

Past experiences and relationships provide the springboard to new experiences and relationships until the time when your open mind and heart allow all experiences and relationships to flow through you, none to linger. You comprehend that all people and experiences contribute to your life. You encourage your soul to shed what is irrelevant and absorb what promotes goodness. Ultimately this leads to unity with the greatest you can be united with.

Moments of contemplation that reach beyond physical life draw towards you the Eternal Verities that open the corridors of your mind so another veil can be lifted. Your eyes become single. Your vision widens.

Within your soul the good engendered in your physical life can meld with what lies beyond, giving you a sense of belonging that in Earth life you tend to look for in another person or place.

With the heart and mind open, the focus of Aspiration is just ahead with Refined Energy that dissipates the mist so beautiful thoughts of love, tenderness and care can leave their

message. Once experienced, no matter your age the effects of Refined Energy remain valid throughout the rest of your life.

Acceptance of the transient nature of all things reinforces that life is greater than self; that it incorporates all and possesses none. A natural fear of the unknown dissipates because, like an explorer, the unknown is happily embraced on a daily basis to become the transient known then is lost to a new time span.

Some go before you and some remain behind. Those ahead show the way. Those behind protect your back. This is so for all people upon Earth. A focus that is on Earth life is not generally on the best place because this focus brings loneliness that does not have to be. There are better focal points. The heart is large enough to embrace the universe and there is much to discover.

I am born to create, so create I will. In this act I do no harm. When creativity has my focus, I am undisturbed by the ripples in life that always exist. They do not have to exist for me in a disturbing way.

Creativity

The ultimate creativity possible is the creation of life. Down through the Ages man has sought to achieve this, but to no avail.

What is within man that triggers such a desire?

It can only be his natural creative urge that is a fundamental part of his nature.

For example:

A chef creates a signature dish that is emblematic of his skills. A painter has his individual style and technique and

signs his work in an individual manner. Each is indicative of the creativity of a mind that wants to showcase a singular talent.

Creativity has purpose. It is a personal expression of life. It is an acknowledgement of individuality. It focuses on worth, yet it is humble because it rises out of inspiration. It works hard to learn and improve. It has no sense of arrival or satisfaction because its nature is of infinity. It presents as a concept in the mind that has to be translated into hardcopy — words, print, art, architecture, music and much more. It is a continual reaching further afield to discover more so more can be achieved.

Accompanying creativity is the sense of being a small cog in the Wheel of Life. This is humbling because it shines a light on the vastness of the cosmos and the unlimited possibilities furnished by the Great Architect of all that is. A creative person is reaching into this vastness, trying to touch some aspect of this greater reality and bring it to Earth to be seen, heard and touched.

Destruction is the opposite side of the Coin of Creativity. There are people who like to create and there are people who like to destroy. When people who like to destroy see beauty, they want to mark it, carve it up or eradicate it. Where they see progress, they want to limit its appeal and prevent its expansion. Where they see goodness, they want to destroy it.

Why do these people want to harm or destroy something that that is appreciated by others?

Arrogance is the opposite of humility which is generated by creativity. The greatest arrogance is godlike behaviour that can be conveyed through destruction.

This urge to destroy eventually becomes a desire to extinguish life. Unlike creative acts this short-lived experience does not entail years of slow, steady, hard work.

It is godlike to decide who can live and who can die. It is godlike to decide that if you don't like someone you can bring about their disappearance, but the taking of a life is a short-lived experience. This means that a godlike sensation is short lived.

What else is there for such a destructive personality?

There is only a repeat of the experience because man has a drive to express his creative nature.

He interprets this drive with positive, creative acts or destructive acts. Destructive feeling is expressed as jealousy, hatred and anger. They activate the desire to destroy. Destruction can be in a small way or large scale. It can be perpetrated by an individual or a country. Godlike behaviour is extended to a lengthier period of time when it takes a country to war.

Man cannot create something new. He can draw out the potential of everything in his world, but he is limited to what is available. Whether he creates or destroys he is really only changing, moving and adapting what already exists. When he creates, he uses colours that already exist. He uses materials that already exist. He uses inspiration that already exists.

When he destroys life, it continues to exist somewhere else. When he destroys beauty, it grows somewhere else.

The creative man can change into a destructive man and the destructive man can change into a creative man. Encourage creativity and humility grows. In the presence of humility goodness shows its face to encourage further creativity and humility in all men and women.

The connection between all people exists. Everyone's presence, whether silent or noisy is always sensed. It can be unlooked for because it is encroaching, either quietly or overwhelmingly. It can be welcomed because it is agreeable.

This connection can create a warm smile or a gentle rejection. Regardless it is important because it indicates that we continually seek contact with others in many different ways.

Rules of Engagement

You weave in and out of people's lives. You engage with people through conversation, yet you have been asked to maintain silence unless you have something to say that is relevant to your purpose in life and the way you live.

There are three approaches to any conversation.

Most people are self-orientated. They wish to promote their own idea and have the listener agree with their extraordinary capabilities of analysis, perceptions and understanding of situations. Relegated to the position of listener, you are bombarded with words that are meaningless to the way your mind works.

The outcome of this interaction is positive for the speaker because you have been a good listener. You have either sat silently or verbally agreed with what is said, any other position impossible. You have recognised your position, so you are liked.

The person who initiates the engagement is happy with your presence and welcomes future opportunities to speak to you and be in your company. He is positive to your negative. He feels in command. He has full control of the direction of the engagement.

The vibration is maintained at the level of the speaker. By not participating in the engagement all thoughts relating to the people concerned are as positive as they can be on that level, no matter the subject discussed. A second approach is to interact. Your participation in the engagement changes the

vibration. The two vibrations are incompatible. One must rise or one must lower.

Which is it to be and why?

The lower vibration is the initiator in most interactions because the higher vibration has learned to be silent. You cannot agree with the other person's perceptions. You can offer an angle the other person is unaware of because he surmises and hypothesises. This is the foundation of opinion.

He is not happy when an alternative is offered because then he cannot be seen or viewed as a person with a significant idea. Interaction has commenced. The two vibrations are incompatible. Always one vibration is chosen.

The self-orientated person cannot look beyond his own life and the people who circle around his centre. When another does not comply, he takes it personally — as a criticism of his idea, himself, his life and his activities.

Although there is no criticism this is how a self-orientated person reacts. He cannot accept when someone is not astounded by his intellect.

You are living on Earth, so the vibration of Earth is predominant. It relates to mundane experiences so is stronger than the philosophical level that relates outwardly to all people. The higher vibration sees none as a centre but all circling around the cause of life.

Maintaining your own vibration in self-orientated situations can only be done when silence is maintained. With engagement your vibration is lost. You have stepped down to the other person who is speaking on a mundane level. This is where the difficulty lies.

How do you tell the difference between your own thoughts and thoughts you are receiving after you leave an interaction? Are these thoughts coming from you or towards you?

You have engaged in interaction. You have accommodated the vibration of the other person. All thoughts vocalised between you are of that vibration. When you leave the interaction, the door is still open to receiving further thoughts from the person whose presence you have left. Because the conversation is self-orientated, the thoughts in your mind are self-orientated so they have a negative nature. The other person is not happy with you because you weren't in agreement. You are receiving his thoughts.

The reason for silence is that any topic of conversation you initiate cannot be accepted by others of a different vibration. They cannot understand or even know why you would want to talk about what you want to talk about. They become silent because they cannot relate to who you are or what you do, and they have no interest in doing so.

Silence between incompatible vibrations is preferable. With silence, when you leave an interaction you maintain your vibration. The door is not open to receive further thoughts from another on a level of self-centredness. You can maintain your feeling of calm.

How can you live in this world without engaging with others?

You can engage with others but only in three ways. The first is by maintaining silence. Being the listener, you smile at everything that is said and offer no expansion on the line of conversation.

The second is to initiate a conversation you know is acceptable to the other person. This type of conversation is about the other person who can then maintain his self-orientated direction. It is a light and happy interaction so cannot be viewed as a criticism of who he is or the way he lives. It allows for no opportunity to enter into further mundane

conversations that bring about the former situation because you control the direction of the conversation.

This interaction is short, happy, uplifting and carries no harmful intent. It gives no opportunity for the other person to initiate a conversation that can lead to the earlier situation.

In both these situations the higher vibration has the ability to offer an idea or end a conversation at will through the language used. This causes consternation in the other person who prefers to expound at length on his subject of choice.

The ability to close a conversation creates confusion because others do not understand how it is done. It leads to a time of departure because the lower vibration does not know how to maintain silence, so cannot remain.

This is not the way to make friends, but this is not your priority. The friends you seek always have the ability to direct conversations — their beginnings and their endings. They can match your ability. This produces an appreciation of skill. There are always more conversations to follow. Minds that are sharp are capable of working at lightning speeds, able to conduct two conversations at the same time with full engagement in both.

The third approach is to weave a second conversation into the first so conversation may go in another direction. The lower vibration is unaware of how this is happening or why. His focus is not sharp, so it is easy to redirect it. This is the third rule of engagement between incompatible vibrations.

Whenever you leave a conversation and have a self-criticism about the way you engaged, you have joined in an interaction of incompatible vibrations. You have opened the door to a vibration you do not welcome, and you continue to receive from the other person.

Adjust the tuning of your receiver, preferable to the frequency of the Greater Life, and the impact of criticism disappears, no longer compatible with your state of mind.

Criticism of self or others serves no purpose. It limits and contains. It indulges a lower vibration that does not encourage growth and expansion.

Lower vibrations are stronger than higher vibrations on Earth because they belong to the Earth and are acceptable to most people. It is easier to go down the mountain than climb it. The lower vibration cannot climb to the higher because it cannot see it, let alone accept its presence.

The higher vibration has travelled the route of the lower. Memory of the experience lies in the soul because in some way, at some time, that vibration was accepted. The Law of Attraction can always be brought back into play through free will and choice.

Know your vibration and you will know whether you are receiving or transmitting. Know the vibration of those with whom you interact, and you will know how to play out events because you will know the Rules of Engagement.

Those who welcome you do so because of what you offer. You can speak freely with them because they want to climb the mountain. They are seeking the light of your vibration. They see it because it is compatible with their light within.

Self-orientated people are content with their position. They do not see the light beyond self because they do not recognise the light within themselves. This is why they become self-centred. They cannot find their way beyond the finite circle around themselves that they have constructed with their thinking, and they do not want to.

Those who are climbing the mountain welcome what you offer and seek to become compatible with it, so mutual conversation is possible. When you speak on your own level of vibration it is welcomed. At the end of the interaction your vibration is maintained, and no self-criticism follows or is received. What follows is only a continuation of the vibration that existed before and during engagement.

These are the only people you can befriend. Either you want their help to climb the mountain or they want your help to climb the mountain. They welcome the hand that is held out when the way is steep, as do you.

The length of time an association can be maintained is the length of time the distance between two compatible vibrations is maintained.

Should one vibration move ahead faster than the other, the other vibration can no longer reach it. When the association is over, the encouragement, the destination, the goal and the drive remain, as does the love engendered by what is offered and received by both parties.

Is this not the way the spirit world helps those of a higher vibration who live upon Earth?

Always the Seeker of Truth is yearning and reaching for the higher vibration that is offered by the teachers in spirit. At the same time the teachers are moving ahead, climbing their own mountain at a faster pace than the Seeker of Truth on Earth.

Association at some stage will be relinquished, yet the aftermath is pure joy — loving and full of encouragement and hope. In their place come other teachers, still of a higher vibration, to hold out a hand to the Seeker of Truth so he can continue while the way is steep.

The higher vibration is always an inspiration for the lower when it is viewed through the spiritual mind as an encouragement to continue and strive. Only when the lower mind, with its finite circle of thought and action is encountered, is encouragement and hope seen in a jealous and angry way.

Always there are those who can hold out a hand to assist in negotiation when the rise becomes steep.

Hope entered the world when Pandora's Box was opened. Hope is a smile for all looking in her direction. In her presence

the evils of the world fade into the shadows. When eyes are focused on Hope they see her hand pointing towards the best direction of travel.

They are encouraged as she smiles and waves them on their way.

Be unconcerned with vibrations down your mountain. With your eyes on Hope and raised to the vibration above, continue your journey, allowing none to grasp your coattails so they can ride on your energy and save their own. Better to use the Sword of Truth to cut off the coattails and leave these others to the direction engendered by their own effort.

The journey ahead is too infinite to look back to the finite past. The past is finite because it is closed. It has had its beginning and its end. The journey ahead has infinite possibilities presented on a wider horizon. It is full of light and colour that provide the energy needed for the direction chosen. The focus for growth in love is always on the Divine. This focus is strengthened through the spiritual teachers and the soul becomes further purified because of it.

The dross falls away and the traveller becomes lighter, his direction more secure. Inspiration he greets on this path are cords of love from the effort engendered between the recipient and the one who inspires. These cords of love expand and overflow to all who have a similar goal because love and wisdom are attracted to all who seek and work towards them.

I love that we direct our own learning. How wise the arbiters of our journey? They do not foist anything upon us we have not requested. I can only accept that everything that happens to me is part of my requested learning.

This perception discounts complaints that bemoan the fates in life.

I do not know when my requests produced events. Are they an outcome of this life or a previous time? One day I know I will know.

With practise your vision can become wider.

Receiving Spiritual Verities

Spiritual verities are everywhere. They are like pebbles that can be picked up at will, yet so often they are not. Many voice that they wish to understand spiritual verities. What they really want is someone to explain things to them. Much has been spoken about the goal of the heart initiating and directing the journey. Much has been spoken about experiencing truth for oneself. What is meant by this?

Trust and respect are prerequisites for receiving spiritual understandings. The teacher looks into the heart of the seeker, so he knows what is there. The seeker cannot look into the heart of the teacher unless the teacher wishes him to.

Much is hidden from the seeker about the teacher because the seeker has not reached the position of knowledge that speaks the language of the whole heart. The heart has its own language and it is truth. The whole heart is masked from the dissenter who would corrupt it. He sees it as an empty space — a mist.

The Seeker of Truth seeks what his heart directs him to see. He is not learning through words in a book. His learning is the Living Word that is planted in his experiences. Because of his respect and trust steps are given, one at a time, to be recognised, experienced and practised until understood. What is learnt then becomes a natural part of the seeker — the Living Word.

Like the diamond, truth exposes each of its surfaces — one facet at a time. Each facet glows a different colour according to its environment.

Its seven colours expand each experience in seven different ways. Once all are experienced and understood they merge to become the Living Word.

Once a step is understood the next may be received. At each stage the philosophy could easily be recognised and accepted but without experiences it does not become a natural part of the seeker, and so does not become the Living Word. The teacher waits. He waits for the seeker to realise this by becoming observant in all his situations and interactions in life with people.

Each step is a slow process. For each stage words are given; the teaching introduced with a sentence. No more is expanded upon until questions are asked or the seeker becomes observant enough to see the outcome of his actions — all a result of the one sentence of philosophy initially given. The time between reception of these first words and an understanding reached can be extensive.

A lifetime can be needed to understand just one pebble. This is why the heart directs perceptions of truth. It wants to find the best way. The heart's natural desire is to give and receive the highest vibration of love possible. For this to happen the knowledge of the heart must expand. To expand it must receive more love. To receive more love, it must find truth.

Joy accompanies understanding. Its presence stimulates a desire to progress further — attracting different teachers. Once again, they each bring a sentence of philosophy to be put into Earthly experiences and promote further understanding that can produce a greater Living Word.

Learning is slow upon Earth because the finite mind is linear in its application.

Combine the finite mind with intuition, an expanding heart and a desire for truth and the spiritual mind with its infinite

possibilities can rule. This is a worthwhile goal for the Seeker of Truth.

I come bearing gifts that I throw to the wind as it sweeps across the world. For those who notice and smile at my approach I let a gift drop into their laps to give them hope, love and a renewed belief in their purpose that ultimately is Divine. Everyone on Earth may receive a gift but it is not wrapped with gloss and glitter. Its plainness hides the treasure within that is not recognised until it is exposed to the light.

Do not say you are alone. Do not say you cannot continue. You are not alone, and you can continue. When you need courage, I bring you courage. I send you courage on the wind. When you are lonely, my gift from the wind whispers in your ear — I am here.

Open your ears. Let us play with the wind. Understanding spiritual teachings may be difficult but once understood they are simple. All you need is the power of observation, the ability to love and the desire to learn. All people passing your way can teach you.

The Seeker of Truth laughs at the world for he sees the play being enacted and he monitors the part he plays.

I am a friend of the wind because he carries my message to all.

We need direction — clear and concise. The gentle approach does not always help us. It is not easy to make difficult decisions. At times we have to put ourselves first and at times we have to put others first. We need to know how to apply spiritual philosophy to physical life. How? Physical life and spiritual life are incompatible.

They have different goals and outcomes, yet they interact. Physical life is fragile and can change or end at a moment's notice. Spiritual life can be confusing because there are many

interpretations of what it is. Many people view spiritual life in physical terms or psychologically which is like a maze without a centre. Physical life is interpreted by our senses and our minds.

Spiritual life seeps into our consciousness like drops of water growing into a pool but only becoming real when we apply it to our physical lives which change when we do so. A spiritual philosophy recognises the importance of living a physical life well. Let us be open to the treasures of the Greater Life through understanding that true spiritual philosophy can be applied to physical life.

Relativity

What is everywhere belongs everywhere. Energy upon the Earth, coming to the Earth and leaving the Earth belongs all over the Earth, available for all who live upon the Earth. No energy upon Earth can be contained. It is constantly transposing from one form to another, like rays of light and sound. There is much more that cannot be seen and heard by human beings.

Humanity perceives Earth life through his five senses, but there are other senses. Man cannot say that because he cannot see or hear something it does not exist. There are greater ranges of energy beyond the five senses waiting to be discovered. What is available to the individual is relative to his view of life because he prefers to focus upon what is known and familiar.

When an individual sees a tree, no matter how he names it or perceives it, he knows it is alive because he knows what life is. When he knows what one tree is, he knows all trees, regardless of their variety and stature. When he loves one tree, he loves all trees.

When he knows one tree, he is connecting his life to the life of all trees through love that is transmitted through the Law of

Movement. This love travels into one tree, leaves its mark then continues its journey, carried by the wind, the rays of light and the rain to all trees all over the Earth.

Life is life, no matter its form so the life of the individual can connect to the life of the tree. Love is love, no matter to whom or from whom it is transmitted. When man loves a tree, he loves everything that has life.

Life communicates with life and is constantly transmitting its energy. It includes the mundane, linear, simple and slow movement of physical life and spiritual life beyond the speed of light with its many levels and ranges.

The mind of all that has life, and all life has a mind, seeks to contact other minds because all minds are joined by the common equation of life and love. Through this common equation all life seeks to contact other life and it uses whatever means is at its disposal. The most common communication in physical life is through speech, one word at a time but it is slow and easily misinterpreted. Each mind is individual with a perception of the meaning of each word that is the result of personal experience.

Life and love cannot be separated so the heart is drawn into the equation. The heart, as the Palace of the Spirit, is the commander. It carries the greatest potential within the individual, expressed as desires and goals which create purposes and endeavours.

What captures the interest of the heart captures the individual. Because of the natural behaviour of life and love, the desires and goals of the heart reach out to other hearts to find a common denominator.

In the same way he contacts trees, the individual contacts another heart beating on Earth when its goal and purpose is similar to his own. There is a connection.

When the spirit of the heart communicates with another heart its communication enters, leaves its mark and continues

on its way to touch all other hearts that have a similar desire and perception of life. Once he touches one heart, he touches many hearts all over the Earth.

The heart speaks to the mind to make clear its purpose and desire. No man speaks of this purpose and desire until he connects with another heart that is similar. Words of communication are then easily understood because much more is received with the words.

Once this multi-layered communication between two people is transmitted and received it enters the abode, leaves its mark and travels further afield to touch the hearts and minds of those on the Earth who are similar.

This focuses thoughts in a certain direction. Communication of the heart and mind are possible because a specific goal, purpose and interest of the heart is established within an individual. Two minds in accordance are open to transmitting and receiving freely.

Thoughts enter the other abode, leave their mark and wing their way all over the world for those who are similar to pluck from the wind and draw into the residence of their spirit.

Just as the airways open and close at different times for man to pluck the wisdom from their rays of transmission, so also do the minds and hearts of people open to each other for the same purpose. For a time two hearts communicate freely.

Should their directions divert, the airway between them closes and spontaneous communication ceases. While the common interest remains, communication is open.

This close communication does not rely upon words. Thoughts are powerfully transmitted and received between open hearts. Should one heart move further afield and the other remain, only one will transmit and receive. What is transmitted bounces off the aura of the other who has moved further afield and returns to the sender who may believe he is receiving from the other.

All over the world minds and hearts are opening and closing their doors to others who are or have been compatible with their goals and desires.

There is also the sad situation of individuals closing their hearts and minds to others. They think only of themselves and the world that they believe owes them a living. They retreat into memory and adjust their perceptions so they can see themselves as righteous or talented in a time and place their righteousness or talent is not recognised.

Beyond the speed of light, time and space cease to exist and all is instantaneous. To the open heart, the sending and receiving are the two sides of the one coin. They are both instantaneous, travelling beyond the speed of light. The germ of an idea sown in one heart is simultaneously received. This makes it difficult to ascertain the difference between transmitting and receiving.

What is transmitted and received between one mind and another and one heart and another, when they are open to each other, is simultaneous. Strengthened, it then wings its way around the world to connect with similar hearts and minds that have similar goals and purposes.

We bring spiritual teachings, spiritual guidance and spiritual love to humanity in this way. We bring to one who is a portal to the Earth, then what we bring to one circulates the globe to all who have the desire to draw in what is offered.

Everything is available for all people. Not one person upon the Earth is more important, more gifted or more spiritual than another. Each is only at a different stage of waking and sleeping.

The heart holds many desires and has many types of connections with many people. What you receive is relative to what you want to receive, or even whether you wish to receive.

For example:

For the duration of your thoughts about another person upon Earth, two hearts are still open to each other. There is unfinished business between both. There is continued communication until there are no more thoughts of that person.

This discourse is primarily about a sublime spiritual purpose, but the same principle applies in small ways. With a smaller purpose on a mundane level, hearts open between people on that level.

For example:

Should someone enjoy eating out with a particular person, when they want company they will think of that person. Because both hearts have the same desire, transmitting and receiving about eating out together flows freely between the two minds and hearts.

When that desire no longer exists with one or both, their hearts and minds shut their doors to the person for whom the interest has waned.

They no longer transmit and receive regarding eating out. When one still wishes to continue, there is an empty space left in his heart. Sadness often fills this space.

Should he send love and good wishes for a different purpose, they reach a different person. The result is a change of direction and it captures the interest of someone else. Communication begins when the doors to both hearts and minds open to this purpose. Love and thoughts flow freely, and the empty space left by the previous person is filled. This is better than allowing sadness to breach the citadel of the heart.

Everything about life on Earth is relative to where you are in your perceptions of life, love and people. Your relative position in relationship to all changes from moment to moment

according to the purpose and goal within your heart — the palace in which the ruler, that is so often silent, can become vocal.

Living in the present is not as easy as saying the words. Many situations affect our ability to live only in the moment. We worry because that is our habit. We think about other people because that is our habit.

We do not know how many mornings we are going to greet. We do not know how many sleeps we have. What we do know is that we have this one day. How can we live it well? When we face difficulties in this one day, we remain grateful for the chance to face them because for some people this one day is their last.

Equal to Your Task

Each morning you awaken to an ordinary day, but it is not the same as the day before, or even any of the days before. You do not know how one day will be when you wake in the morning.

You do not know the simplicity of this small period of time so you cannot know the complexity of a greater period of time. What you do evolves out of what you do with one day's life. You know you need to work. This need is not as strong as an urge to work in a specific field, but it is a need to do what has to be done. This need arises from your heart.

Every day your mind is different so every day you perform your activities differently. This allows for change. You are practising what you learnt in the days prior to this day. You begin what your heart wants you to do as you develop prerequisite skills. You become what you need to be so you can accomplish an objective.

Run towards the opportunities your heart recognises. Allow the unknown to become known. Have no predilection

towards a defined outcome. Work to the best of your ability to achieve expertise in each of your tasks. Allow them to result in success or failure. The expertise you gain is your education in life's journey.

Hold everything close to your chest because what comes from the heart is part of your secret life, too precious to share with just anyone. When the time of flowering arrives, you can present a completion to the world like the sun at the height of its glory.

Glowing with rebirth, others will see you in the fullness of your abilities and achievements. Not having seen the ground work that has gone into achieving the skills you have acquired; they see only the radiance of a skilled person shining in his field. This, they cannot understand.

When there is a need attain a skill, the energy is available for the hard work that is necessary.

Hard work is the story of every position. It belongs to the Living Word. It uses energy to focus the mind which uses determination to bring all to completion.

Hard work is an umbrella over the productivity of each day. Without it the day is unproductive. It colours every activity and every thought. It protects you as and shelters you from the storms of life. As each demand of the heart is responded to, worked with and completed, an airway of learning that was opened to bring what the heart needed becomes a known pathway that never closes. What this pathway brings becomes part of your soul and a natural part of your daily, physical life.

How many of these airways can you open and assimilate into yourself?

Reach for the stars. All kinds of work can be initiated and achieved through effort. Allow the airways of the heavens to wrap themselves around you and carry you through life. They herald a journey of discovery. They bring the education of life

which opens the doors to your soul. They can also bring the education of the heavens to you.

No task is too difficult when your heart wants to do it. Under the umbrella of hard work, it becomes a natural application, so the initial stages that have no description only appear difficult. Welcome what appears to be difficult with an open heart because difficulty it means you have been called. When things are not difficult you have not been called.

What is the meaning of difficult?

The impression of difficulty is related to fear — fear of the unknown and fear of failure. It is produced by lack of confidence. The sense of difficulty, fear and the lack of confidence were born in the past. Consign them to the past so you can be called.

Remove them from your soul and your life. In the eyes of the Greater Life, like all people, you are equal to your task.

Truth, both unpalatable and acceptable, always hits a spot. This I love. I constantly feel that I am most fortunate to have those who care enough to teach me challenging truths.

Fullness of Life

I anticipate the rays of light that bring inspiration to my mind. It settles in my heart and bestows purpose and peace.

Along the way you meet spiritual teachers, and they are many. Although not recognised through personality and so never seen, they are real. Each brings what is needed for the moment. Each calms your mind and heart so you know you can do what you have decided you need to do. You meet people. These encounters are no small measure because they serve a purpose. They point you in a direction by being a mirror

that shows you what you do not want to be and where you do not want to be.

Silence calms the fearful heart when from time-to-time mortality is faced. Silence nurtures your soul because it embraces your spirit which is a feeling of life as compelling as a ray of light. Enveloped in profound love that is not attached to a place or a person this feeling of life has no boundaries.

It crosses all mountains, seas, skies and worlds. It gathers itself into itself and continues along its way, giving of itself. It is in every cell in the body and all that is beyond. It engenders delight for a world not yet apparent — one in the making because of your presence, and one beyond because of your presence there. Its unity of life fills your heart, your mind and your body. As it expands, happiness rises.

It matters not what you are doing or where you are. It travels with you. It creates a light footstep, a smile and a sense of acceptance of the nature of all things. This feeling of life only knows itself, so it has no judgement, ideas or opinions.

Let all find the sense of life that fills. Let all remember they can use it as they will. No-one needs to be directed, controlled or moulded to fit in another's perception of how life should be experienced. There is no need to argue or resist when these situations are forced upon you.

This sense of life is a radiating fullness within, regardless of the sway of another. Its joy, sown in the silence within, reflects on the face of even those who are controlled and manipulated.

Let this fullness of life become a major goal because it takes a whole life to understand it. Each day brings a little more perception and a little more understanding to the full heart. This is purpose enough.

In the time of youth, the fullness of life builds a staircase around this world, but it is not only the domain of the young. It

can continue down through the years even to the declining ones. As it does so its nature changes. It becomes quieter and more peaceful but is no less full. Its expanded aura reaches beyond the Earth and builds a staircase to another destination.

Awareness of the fullness of life remains in busy moments and is appreciated in quiet times when the murmuring of the heart can relay its message to the mind. The fullness of life draws in what comes from infinity.

Be engaged with what you are contributing and unconcerned about what you are not contributing. That belongs to another. The actions you are taking in the areas you are taking them are where your energy of life is being spent.

Energy is wasted on thoughts of what is not your domain even though you remain aware of its existence.

Your focus on your activities contributes to the growth of life on Earth. Constructive thoughts, words and deeds encourage the fullness of life to expand and embrace more as it blends with everything it encounters.

The fullness of life knows only its own nature. It has no perception of man's ways that are deemed important by individuals. The fullness of life is more concerned with helping the grass to grow, the rain to fall and the sun to replenish the Earth than it is with man’s busyness.

The blending of life, the blending of love and the blending of the souls and spirits of men and women cross all perceived barriers that seemingly cause separation. There is no separation between the members of the family of man. There is only transposition, change and movement — sometimes close by and sometimes further afield.

I bring the love you have known to hold you close in your times of need. I send the love you grow on wings to reach others in their times of need. Together we serve life. In doing so we serve the Great Spirit.

We belong to a big family even when we do not feel this way in our individual lives. Some live before our time and some follow us.

Advancing Generations

Traditionally a generation is between 20 to 30 years depending upon a culture's view of what a generation means. Continuing generations indicate the passing of time, represented by The Old Man with the Long White Beard — the Professor — Father Time.

With Father Time representing the passage of life in physical terms we can view the time factor of a generation as closer to 30 years.

Father Time is Saturn, the ruler of man's limitations in each generation. He creates the barriers enclosing the opportunities open to man in his own generation. With his influence continuing from birth to death it is advantageous to understand the opportunities of the generation to which you are born. His influence determines the way you can live and the choices you can make. In your lifetime following generations have different barriers and different opportunities.

There are compatible souls for all people, but they do not always belong to the same generation. When they do, their influence and available time span is for a longer period. When they do not, they are born out of your time and their influence is for a shorter period. Understand this and you put greater effort into learning from any influence that is born out of your time. You practise what you have learnt when the messenger departs.

Your own generation produces the power for you to manifest certain thoughts that create a certain life in a certain

environment. It is an indication of the nature of your culture, country or political system.

Your personal will can manifest another reality through the power of your thoughts. It is capable of conjuring up a lifestyle you wish to live. When do this you are abandoning an unknown and better reality waiting within you.

Ask yourself:

Are my thoughts worth manifesting?

Do I want to live with what my thoughts are manifesting?

Reality manifested by the personal will of man is not always the result of the best possible choice. Many thoughts and desires are better left to disintegrate. Capable of becoming a reality, it is better that they do not come to form.

For example:

A strong thought that is capable of manifesting a dark and evil deed, would become a burden — a heavy cloak wrapped around your persona. It would cloud your sight with its shadowy substance that masks any light that could inhibit its production.

Look at your existing circumstances within your culture. Discern what belongs to a past generation that has been carried forward yet through the Law of Change is destined to pass away to the annals of Time, not by force or violence but by the production of a stronger influence from different, current threads of thoughts. The part you play is constrained by these limitations.

Ask yourself what is worthwhile and productive then contribute to its development. These are threads that can improve the lives of all. By furthering only threads that can have a good outcome you are developing what can endure. With their growth the light of their inspiration shines on other

minds and hearts that are open to the further change they offer.

Archaic and dark threads become obsolete by not receiving any energy or power that can foster their continuance. Their eventual demise is the outcome.

You open another door to your heart and uncover your potential when you find the thread in your generation that promotes an advancing civilisation.

Your potential is able to rise to the surface within the timeframe of your generation.

Those of you who are forerunners are able to receive inspiration about the likely outcome of threads of thought. You may not see their materialisation because you may be laying a foundation for a following generation to bring these threads into view. Reveal only what is good for the human being. What is good for one it is good for all. Your focus on qualities that are the best in a human being ensure that the traits that harm have no opportunity to develop.

This is how you work with Father Time. Recognise his directives in the time you are living. Do not rail against them. Find how they can become productive. They exist because the airways have fashioned them. They exist because past generations have produced forerunners of their existence. They have already started to develop.

That is why you can see them. Their existence has a purpose that is best accepted and worked with. Ignore the boundaries of Father Time and develop your life according to your own willpower and Saturn will impose further restrictions upon you. The cycle of Saturn dominates each generation in a different way but there is no escape from his resolve. It exists because man followed his own will in an earlier time and so has to reap what he has sown. The restrictions of Saturn crumble when goodness is cultivated. Goodness causes the barriers to break.

For a moment in time a new light is born, arising from deep within to shine on your heart. In this moment you see your greatest potential. When enough light is revealed you produce a better reality than your personal alternative.

New barriers for a future generation are created by man following his own will now instead of striving to work with the Greater Will.

Eventually this will be so but until it is Father Time will continue to present, at the appropriate moment, what man has created with his thoughts. Always we return to your ability to choose. Always in small ways, through small choices, you take yourself down a pathway where a bigger choice can present. At that time, you choose. Let your choice of influence be for the good of all. Help recreate once more upon the Earth the will of the Greater Life. It is the only way for peace and happiness to reign.

Seeds of change are sown in every generation. They are interpreted by the generation living at the time of their inception. These interpretations begin the development of the threads that consolidate in following generations.

For example:

In the mid-20th century seeds of change were sown by a generation who sought to bring about a new order of peace and love that would banish war, poverty and violence. Although this goal was universal in the western world, factions interpreted it differently. Freedom for all underpinned the peaceful goal of Civil Rights and self-determination but some chose the path of violence and some the path of self-gratification. This coloured the threads of change that continued into following generations who further influenced the direction of this change.

Today, in these times of leisure, self-gratification and violence are accessible to many. The message of change

initiated in the mid-20th century remains relevant today because its threads of thought have the energy to continue, but they need a wiser interpretation. The initial goal was altered with extremism, so this extremism is continuing today. The issues remain.

Temperance is now expedient. By learning from the past, change that must come can be interpreted more wisely.

In every generation there is a seed of truth that encourages the progress of civilisation, but its interpretation requires wisdom. Occasionally there comes a sage whose global influence can offer this wisdom.

When you find the seeds sown in your generation, interpret them carefully. In the following years nurture only what is worthwhile. These Seeds of Change have been given for a purpose and the purpose does not die. With a more prudent interpretation those in a position to achieve their intent can do so.

In every generation there are messengers. Their purpose is twofold, and some have a wider influence than others.

- ❖ To awaken people who are only concerned with themselves. They are asleep to the effects the existing lifestyle is having on people around them.
- ❖ To deliver what seems a prophetic message, not only for the present time but also for the near future.

The message explains existing circumstances so a path forward can be constructed. It is delivered through the creative impulses of the heart of the messenger — art, music, scientific discoveries and educational words.

Existing circumstances create a need for a new path forward that is conceived in the time of the messenger but is not necessarily constructed in that time. In this way the message seems prophetic, but it is not. It heralds a path that

can lead man out of the mists because the message shines a light on this path.

The messenger lives for his art. The message is his purpose of life. It arises from his heart and seeks exit so it may reach all who would see or hear what it has to say. The messenger only wants the company of those who understand his purpose, but he rarely finds them.

The messenger is the message as well. Because he heralds change, he cannot remain static within existing circumstances, so he comes to represent movement. When his message is an inspiration for good and is educational, the changes within him are greater but may not be acceptable to others. When his message ceases to bring hope and leads others towards a destructive approach in life, people are willing to be part of what he is promulgating.

The message can be delivered in many countries at one time and occasionally by a messenger who has global reach. In the time it is delivered, it is heard but is not always taken into the heart to be lived. Its momentum can rise for a short time in an existing generation but if change does not take place its flame becomes a smoulder awaiting a following generation to re-ignite it.

When a following generation looks back the people can see more clearly the foundation of the message and the need for its wisdom. They can see the path that is envisaged and how the message had to remain a prophetic need for change. It was waiting for the hearts of people to want to alter their existing ways. Looking back the following generation can see what was actually achieved, regardless of what the messenger was wanting to accomplish with his message.

The message is always constructive. It always shines a light on the human heart. At times it shines a light on a future path to be constructed. No messenger and no message ever

fails, for there is always someone who understands its purpose and can put it into action.

Throughout history man has always sought to resurrect the creative artefacts, arts, architecture, and words of wisdom from past ages because they signal a foundation from which existing generations have sprung.

He asks:

How far have I come? What have I learnt?

Is what happened to these people of the past happening to people today?

He wants to know what was in the hearts of those who went before him because where they went, man today will also go.

Messenger take heart.

You are an inspiration to all people. You have learnt to express the creativity of your heart — an endeavour all aspire to.

Messenger take heart.

There is always one who will see, hear or read the message and understand the reason for its delivery.

We reach out to other people because we hope interaction with them will give us a harmonious life.

Law of Movement and Change

The Law of Movement and Change directs every human being by bringing their experiences to them. Only through experience can people become what they learn. Experiences mould the character, challenge the personality and transpose knowledge into the Living Word. All other knowledge passes through the human being to join with similar thought patterns floating through the ethers.

The human being cannot contain and keep anything. Everything eventually passes through including the material that constructs all the facets of who he is. His experiences shape his physical body, construct his spiritual body, cleanse his soul and expand his spirit.

Without experiencing change none of this would happen. No matter what knowledge is committed to memory it eventually disappears into the mists of time. As it is impossible to stand still, momentum also retreats in the backward direction of the known, so the unknown does not have to be faced.

Other people offer their experiences of the philosophy of life. The individual responds to what they offer when it corresponds to what he knows or wants to experience for himself, but this can be a safe and known endeavour.

The airways of life bring people to the Earth concurrently because they have interest in the experiences on offer. Through the Law of Attraction these people are drawn to each other. When they congregate in groups, they rarely import what is new to their existing constructions unless they are challenged.

In most conversations people do not listen to what is outside their experiences. Words enter their mind, pass through and float away because they cannot be grasped. The words do not relate to known thoughts and experiences. They do not hear or understand what is said. Their response is “No”.

They disagree with reasons given for why something is as it is. They have a better reason that is an outcome of how they have experienced life up to this point in time.

The airways also bring individuals who can inspire these others to reach beyond the safe and known experiences of their lives.

They challenge others to hear what they would not normally hear and to do what they would not normally do.

No-one should let the sun go down on a day in which he has not learnt something. This trains his mind to unlock, his hearing to sharpen and his eyes to open. Allowing strong opinions to disintegrate leaves a space for joy to enter the heart and the world.

There are many beautiful people upon Earth who dedicate their lives to the welfare of others. We do not hear about the wonderful work they do but we all know some of them. I place firemen and ambulance workers at the top of the Ladder of Wonderful. Every time a fire-engine or ambulance goes past I try to look into the faces of bravery. They are special people who are our guardians.

Evolved Relationships

People do not like their own company for prolonged periods of time, so deprivation of company and prolonged solitude is used as a punishment in penal institutions.

People spend their lives looking for meaningful relationships. What binds them to others is what they have in common. The common denominator underpinning the search is love. Acceptance and support accompany love, so people seek love. They may not know how to love because they never find what they are looking for but their search for someone who can understand and accept them continues. When they cannot find what they are looking for they are bereft and feel a failure in society.

Why does man dislike solitude and seek company?

People may portray individual characteristics, but all men and women belong to the same genus. They may feel individual, but they are not. They may show different adaptation to their environments, but they are still part of a

greater whole. They are following a natural urge to be in the company of their own kind.

They respond to the common mind which is part of a reality greater than physical life. Their hearts respond to other hearts but really all hearts beat to the rhythm of the greater heart of the Greater Reality.

They rejoice when they find love, compatibility, understanding and acceptance. They think it permanent but what is found does not last. People change, as everything in life must change. Relationships can continue when people change in the same way. Better that change is evolutionary, contributing to an advancing civilisation.

This instability can overwhelm and create bitterness because people do not understand that nothing ever remains the same, that everything is passing and has to be released.

Nothing can ever be owned. People and things may be enjoyed for a determined period but in time everything passes from their grasp. This is a Law of Nature. Even people are transitory. They are upon Earth for only a short time as they live the physical experience so nothing can be made permanent. The acceptance of change is important. With it comes a greater understanding of the passage of time that physical life has to accommodate.

Everyone will leave physical life and eventually return to the greater reality of which they are a part. Until that moment they experience a feeling of isolation that comes from separation from the source of their existence. This feeling was born when they first entered physical life — a place of limitations.

The spiritual essence is veiled and subdued in physical life and it yearns to be reunited with its source in the place where it can fully express Divine worship. This is the real yearning of people. This is their real path. They are seeking the love of the Greater Reality even when they are unaware that this is so.

They translate this concept into physical life by continuing their search for that special person.

They reflect the love of the Greater Reality they are aware of towards other people in their extended family bur so often they find disappointment in their relationships.

People can share life with others. They can try to ease the way of others by holding out their hands in times of difficulty to give support, but real sharing is really the wisdom of their experiences.

All people feel alone, some more than others. Many have to experience a lack of support and a lack of friendship but in this Age of Aquarius they can learn to look within to connect to their spiritual family in the Greater World. They can do this alone as they learn how they also remain connected to all hearts that beat upon Earth.

Train your heart to find the companionship of the Greater Life and it will reflect through you to the people you meet and share a moment with in your daily life. Each glance, word and shared experience will reflect the love that normally people seek to receive from another person.

When you fill your empty heart and empty moments with other people you are looking at a reflection of what the spirit within is seeking.

When you look to the Greater Reality to connect with the source of who you are you find the companionship you are looking for.

It comes directly to your heart then reflects through your words and expressions to others. This draws them to you and there is a sharing without the need to fill empty moments.

You evolve to a greater level of independence, not needing another person to give your life meaning. You are able to find it independently. You can enjoy the company of everyone and find love everywhere without seeking to own it. This is an evolved relationship.

No matter how evolved or how degraded a person, there is love in each because there is life in each.

Our time on Earth passes quickly. For many of our years we are controlled by commitments and people but there are always periods of time when we have the freedom to achieve what our hearts know is worthwhile. These times initiate our most important moments because we are not born to be ruled by relationships. We are not born to be only our named selves. We are universal beings and we want to live in time as free and independent universal beings.

Father Time

We live within the precepts of time, but we do not really understand what it is. We cannot feel or explain its presence in our lives. Our feeling of time depends upon what we are doing. Is it not strange that time is important to us, yet we cannot understand what it is?

We should never take what plays an important part in our lives for granted. We do not know how long events will last or how long people will remain within our reach. As masters of our own destinies we stay in control of what we think and do, and we build good habits so that time does not slip away from us but still the years pass quickly.

This is not realised until middle age is reached. With their focus on physical life the young believe they are immortal. Surprised when middle-age is upon them, they are shocked when it passes and declining health and advancing years approach. They are forced to accept that the years have passed quickly. They ask themselves what they have achieved.

There is only today. With our awareness focused on today we can appreciate each moment, fully aware that it is passing fading into the mists, never to return. We can hold it as a

memory that we can relive again and again but the time spent on doing this takes away from the moment of now that is better spent living another event. Time is important in physical life because its moments are easily wasted, and physical lives are not meant to be wasted.

Our plans may not always reach a successful conclusion but when we put effort into their realisation, they always produce outcomes. This is life's way of bringing us events, people and situations that cause changes. They are beyond our control because they are events that have to be experienced.

Physical life consists of good and evil, but it does not produce good and evil people. Good produces steps that take us closer to God and evil produces steps that move us further from God. Physical life produces people who make good choices and bad choices. Our every choice and action affects other people. As a result, the way the world functions is affected. Each person contributes towards the functionality of the physical life of Earth. In the world no-one is more important than another.

Living in the moment of today is possible when we see that time can be either our friend or our enemy.

Time is our friend when we do not waste one minute but produce outcomes from our efforts that are good for us and the people with whom we interact.

Even when we are alone or isolated we still interact with other people. Our thoughts reach those who have thought patterns similar to our own. Our hearts contact those whose hearts are responding to life in a similar way. Our souls are constantly aware of these people.

We come to this place, knowing it is for a short time. We do not know how time works because it seems to speed up and slow down. It seems short. It seems long. The days pass quickly when we are engaged and slowly when we are not, so

every moment of today is important. We cannot control time, but we can control how we live through it.

Is it this way because we are unpredictable?

The saintly ones in antiquity lived long lives because they were able to bring another dimension of life to time. They were able to stay longer on Earth because their hearts and minds followed the ways of spiritual philosophy according to the precepts laid for the spirit of man.

These ancient ones are our goal. They are the forerunners of our path. We have a long way to go because we have not yet mastered living physically in the moment of today, let alone our souls living spiritually in the eternal moment.

We must master this way of living. We do not have to rush around the world filling our lives with activities that are without purpose, except for the momentary pleasure they bring. A productive moment in reflection is more beneficial because it colours the way the moments ahead are likely to be.

Today's moment is producing tomorrow's moment. Our discipline is to keep our minds and hearts in the present day. We do not need to look back into our past because it has already vanished into the mist. We do not need to look forward into the future for it may not be approaching in the way we think.

When time is our friend, we are joyful and reflective. We welcome events and people with wide open arms. We rest, knowing that the moment time is giving to us is for work.

When time is our foe, we drag our heels and our thoughts become dark. We become inactive. We think life is too hard and everything takes too long. No longer able to commit, we change our minds constantly, looking for an easier way but it does not appear. Steadfastness becomes a thing of the past.

Spiritual philosophy shows us how to make every moment worthwhile and productive so we can contribute to the way the Earth moves through the heavens in a constructive direction.

Time is the old man with the long, white beard who has travelled with us from the birth of our first physical moment. Time's vast experiences have made him wise so we must love time while he is here with us. He is directing us, so we have opportunities to learn of his wisdom.

Whether we befriend Father Time or not he is here to stay for as long as we are here. He can teach us what we need to know, and his experience can help us leave, ultimately never to come this way again.

We cannot hide anything from Father Time. He knows the intentions of our hearts. He wants to see our mettle. He wants to see backbones of steel.

I revere Father Time. I revere the wisdom he shares with me when I earn it. I revere this opportunity to understand how I can be the best I can be in difficult situations. Father Time apportions the appearance of opportunities because I have already produced their existence.

I will live out this time with joy because it is a better way to live. I do not mind how others live. I will not change the direction of my life at their insistence.

My heart reaches towards the verities written in the books that Father Time preserves so I can learn to live well. Eventually I will leave with the family of man and head in a new direction that encompasses only spiritual truth.

It is good to laugh at ourselves and frolic in the sun with the wind and rain on our faces. Although our activities can have a serious nature, life should not be a serious affair. No matter how sad, lonely or difficult life is, we can still smile and laugh.

The rain can wash away our sorrows. The wind can blow away our despair and pain. The sun can make us laugh. Should we find a philosophy of life that allows us to live this way, we have found a treasure of great price.

Time Taken for Granted

Time takes your youth. Better to give it.
Time takes your middle years. Better to surrender them.
Time delivers your old age. Better to accept it.
Take nothing for granted, especially time, or you lose it.
Time is with you, but how much do you have?
Time does not answer when you ask,

How long are you staying?
When is the last time you will touch another?

Who will be the last person to kiss your lips?
Who will bring you the last smile you see?
What will be your last spoken word?

Do not get tired of walking.
One day you will have your last walk.
Do not turn aside from a new face.
One day it will be the last new face you see.
Do not ignore the sunset or sunrise.
One day you will not see another.
Appreciate the stars. They twinkle a stairway to Heaven.
One day they will be removed from your vista, but you can still find them. They have always been within.

Change all your outward routes to inner directions and you will prepare to eternally smile, welcome others, communicate and live an active life in a refreshing place.

Time escorts love to you in many guises.
Do you recognise this gift of time?
Do you want it to pass you by?
Do not take time for granted or time will think you do not need it anymore.
Time is a treasure to be cared for and appreciated.

Resistance Fighter Betrayed

The money was over long before you died.
What did it give you?
How many did you betray to get it?
With blood on your hands and a stain on your soul you sold your heart.
Was it ever the same again?
Did it ever recover?
Could you ever forget?

I must not speak a name.
I must not be afraid of the pain.
My tongue must stay true to my soul and my heart.

I was destined to be betrayed.
I did not let that stop me from giving aid to those in need.
I would again because my heart told me to.

I have known good people. I have known the seducer of goodness who wears the art of charm and disregard like a casually worn coat. I have known weak people who look for and find the easiest route to gratification. I have known handsome people whose facial expressions become ugly when they are thwarted. I have known plain people whose faces light up and become beautiful with their appreciation of life.

They all have something in common. At some point in their lives each of them has had to decide whether to go the route of selfish and arrogant endeavour or follow truth to its humbling conclusion.

I love them all because they are the ones I have known. Theirs were the encounters that consolidated my resolve. Theirs were the words that influenced my course. Whether spoken with love or hatred their declarations and encounters served my life, so how could I not love them all.

Conflict

Wisdom and knowledge remain on offer in every Age. Waves of people are born with a common need to achieve what the Age dictates is possible.

A balance between good and evil intentions is retained upon Earth with each turn of the Wheel of Life.

The Law of Change allows all people to cleanse their souls of past misdemeanours. When it is time for their transgressions to transpose into their souls' goodness the airways bring a cycle of advancement. A path opens. Certain knowledge speeds to Earth to be grasped by those who seek what is on offer. Souls purified in previous Ages come to lend their wisdom. When pure spiritual values predominate a Golden Age is nurtured in the Creative Cycle. It comes to full bloom in the following Maturity Cycle that is a time of peaceful unification between all peoples.

Should the majority of people start to treat physical life as their main focus, the wheel turns again, and peaceful unification becomes dissatisfaction. Life turns into a struggle for material wealth. Once material values exceed spiritual verities, a Dark Age commences, born in the Cycle of Destruction. Aspects of wrongdoing, locked into the Earth's memory, emerge. When the dark aspects of people's souls dominate their physical lives, a downward path ensues. The

focus becomes one of securing and maintaining stable physical lives. There is worship of multiple gods with one god dominant. Spiritual wisdom retreats into storage and preservation, any physical reminders of their spiritual heritage lost forever.

This spiral of life is continual because conflict remains within people. Over long periods of time the spiral circles through processes of purification so dark can transpose into light and souls can rise. In a Dark Age the conflict is more physical in nature. In a Golden Age it becomes more spiritual in nature.

This journey through life is ongoing through lengthy periods of time dating back to pre-history. Seen through spiritual eyes this time passes in the blink of an eye.

A messenger, an enlightened prophet or a Christ figure is needed to draw people out of a Dark Age or inaugurate a Golden Age. He comes to show the way, teaching the people how to change their behaviour so worship of the One God can prevail.

The wheel of our lives turns even when we do not want it to. We may be satisfied and happy in a situation, but no situation remains the same. With the years we learn to roll with the Wheel of Life.

When we embrace the changes, it inaugurates they take place seamlessly. When we ignore the first murmurings then resist the bigger turn of the wheel, the changes already begun in the time of our preference for ignorance become traumatic and sometimes painful.

When we reach our goals, we request another turn of the wheel. When we are peaceful and happy, we request stimulation. When life is tumultuous, we request calm. When we have many commitments, we request their disappearance. When we are lonely, we request more people to care about us.

We cannot remain in one situation for longer than the time that is pre-determined by the Wheel of Life. The duality of our physical nature dictates that we learn in cycles of destruction as well as cycles of creativity, often one sacrificed for the other.

Cycle of Destruction

Why does man become destructive?

It is easy to forget that although man has an immortal soul he can respond to the exigencies of physical life in any way he chooses. Life is precarious and at times dangerous. This can be seen in the migratory journey made by cranes who cross the great height of the Himalayan Mountains every year.

It can be seen in the tumultuous workings of nature which has an easily discernible cycle of dissolution and destruction. In cyclones and avalanches we see the power of a force that destroys everything in its path. The hurricane winds in the Bayous of America move land. Of all the forces of nature the glacier, a sea of moving ice, is the most powerful, able to gouge out deep beds in the landscape across which it moves. Animals belong to a food chain, so they kill each other for food, the kill inflicting pain and death. Man is also part of the destructive cycle, so he is capable of viewing destruction as his right.

He kills, rapes, tortures and steals. After the first time he indulges in these practices they are easier to repeat. They become pleasurable habits that squeeze his soul into a deep recess within him, its voice buried.

His reasons for doing what he does lie in the past where old habits were originally formed. He cannot let go the past so he cannot forge a new life with a different foundation of values. He repeats his old habits again and again until in a different cycle he reaches beyond his physical nature and opens his eyes to what he is doing.

No matter the circumstances of his life, he who rampages does so by choice. He adopts the level of physical life that draws him. Avalanches are more attractive to him than a flowering plant because a display of power and strength appeals. He wants to be a force that dominates all who come his way.

People who behave this way are locked into a Destructive Cycle. Their interpretation of its use is blurred. A Cycle of Destruction is not wrong. It is a cycle of Nature that sweeps away the old to make way for the new. It moves across the planet all that is needed for life.

The glacier's movement brings minerals from high in the mountains down to the oceans which move the minerals across the Earth. The killing of prey for food ensures that the fittest survive so the species can strengthen and adapt to changing times.

The part man plays in this cycle of life is to destroy what he creates to make way for something better and more advanced. He burns fields so new growth can flourish. He weeds out seedling so the strongest have room to become the mighty forest trees.

The wheel turns. The Cycle of Creativity becomes the Cycle of Maturity which becomes the Cycle of Dissolution. No-one can remain forever in any cycle. Doing so leads to stillness that leads to stagnation that leads to rebellion which nurtures the future rampager who does not understand that the Destructive Cycle serves a creative purpose.

Those who rampage over the Earth will one day learn how to use destruction wisely as will those who fear the Destructive Cycle and shun its ways. Those who rampage over the Earth have to come, of their own volition, to a point of choice once again as to where to look for knowledge and motivation.

Man does not have to be limited to the influence of nature's fierceness in the Destructive Cycle. He can look to the new growth it seeds to sprout in the Creative Cycle.

Life changes from childhood to advancing years. The social climate is different, and the environment is different. We are now living side by side with many cultures.

It is good that we understand more about the many cultures, so we no longer expect them to fit in with our ethnic society. We can all share our perceptions without expecting others to align their values with ours.

Isolation

Choices once available for the few are now, for a limited time, available for the many. The way forward for a global civilisation is dependent upon choices made and attitudes germinating.

Why are people being given what they are being given at this time?

Education is available to most people across the globe. Education brings choice in a time when science and creativity are joining forces. There is such a large population upon Earth that the thoughts of its peoples are noticeably impacting upon the direction in which humanity is moving.

With awareness of how thoughts are created, received and sent, people can ask themselves whether their thoughts are their own or are the common thoughts circling the minds of Earth. Should they discover they are receiving the common thoughts they are being attracted to what others find attractive and are responding to the demand of these thoughts. Astute people will then see the need for thought control.

Should they discover their thoughts are their own, arising from their souls, they are faced with a choice. They can either

promote goodness from within their souls or they can gravitate to the destructive qualities that also exist, a result of past thoughts and past actions. Social trends are created by promoting an idea that quickly spreads and produces a pre-determined reaction.

For example:

In fashion only a few colours are produced in a season. The other colours are deleted from manufacture.

Each year the public find the new season's colours attractive because they have been unavailable for a couple of seasons.

When people are told what they like they feel safe. They do not have to decide. The design, shape colour and textures that are produced, to the uneducated are automatically found to be attractive and desirable. Fashion is catering to the need for people to have variety. They want something different, but they also want to fit in with others. Fashion becomes a uniform.

Quality is changed in the same way. Over time an inferior quality of goods becomes acceptable because as the superior quality slowly disappears it fades from memory. New generations then only know and so accept the inferior goods.

When people focus on consumerism there is little time for anything else. Excitement is stimulated in the heart because what was previously denied the common man is now available to him. No time is set aside to ponder upon the purpose of life or the meaning of life. Everyone can focus upon hearth and home. They can fashion them the way they want them to be. With so many technological toys available, home is a haven of delight.

More time is spent in the home and the sense of community is diminished. This situation leads to isolation. Unless you gravitate to current trends e.g. the gym, it is becoming more difficult to make friendships.

In times of isolation, where can you go to be with people?

Because consumerism is on the rise you go to places where products are available.

Alongside the shops are food centres because the sharing of food is deeply entrenched in the human soul.

People need people, so those who do not join clubs to be with people of like mind gravitate to shopping and food centres as an adaptation in these times of isolation.

Isolation is a by-product of consumerism. This is the time to look within and ensure that self-confidence, strength and courage remain in abundance. They underwrite wise decision-making that can construct a better future.

People should never give up on the future they want. They should continue to believe in their ability to achieve it. They need to know that they are where they need to be to live according to the Greater Light that can guide their future.

While accepting that dark ways exist, a focus on kindness and gentleness means that dark ways do not exist for the mindful. When their focus remains where it needs to be, all people contribute to a better future, not only for themselves but for everyone upon Earth.

It takes effort and energy to achieve good health. It becomes difficult to maintain because our vision of what good health means is coloured by what we believe.

Every day the body ages. Open minds help us find the way to achieve its optimum health in every decade.

Advance

When you know how to look after the body you know how to look after the soul. When you know how to look after the soul a pathway opens to the spirit. Accept the existence of

material and spiritual aspects to life and good research with sustained effort will lead to triumphant endeavours.

Focus only on material concerns and the expertise of the soul is not used to advance the self to a more expansive level because only what is in the soul's memory regarding material concerns is being used.

The materialist focuses only on what physical life offers.

Tunnel vision belongs to he who is only concerned with the here and now. Whatever is necessary to advance is done. Any who get in the way are swept aside, of no consequence.

Whether working long hours for a small wage in a legitimate company or working long hours for vast amounts of money in an illegal corporation, there is no time or energy left to build a life outside work. In both situations work and all its ramifications control the mind, leaving no room for other thoughts. Both situations become normal and the mental and emotional intensity construct tunnel vision.

Material life is sensuous. It is organised through the five senses that are focused on enjoyment. In the materialist all else is disregarded. He enjoys money. He enjoys making money. He enjoys counting money. He enjoys the approbation money brings so he ensures that all know when he parts with some of it.

The materialist follows this way using his cunning to get the results he wants. His ability comes from memories within his soul and he makes the most of it. Other qualities in his soul that do not serve his purpose remain buried, only to surface eventually when in this life or another he looks for higher purpose.

The materialist is growing his materialistic approach to life and this is telling his soul that this approach will be further used in another time and place.

His spiritual qualities are ignored because they do not contribute to a life of power and enjoyment. They have no common ground with expanding material attributes so many of the soul's characteristics remain submerged.

Through free will the materialist is choosing and accommodating only what belongs to the physical world. All his energies are going into what will perish with the body — unable to travel beyond the grave. This is a picture of an extremely rational human being.

What is the influence of the soul?

Everything in the soul is familiar to the individual. What he chooses to use from it influences his focus in life and gives him what he needs to help him achieve what he wants.

When his focus is spiritual in nature the individual still builds his material road, but it is coloured with a different attitude than that of the materialist. The individual calls upon enlightened memories of the soul so he can advance them further. They direct him and give him the material results he is looking for. As he brings his endeavours to conclusion, he accommodates the well-being of everyone who helped him.

The soul's spiritual characteristics impart a healthy outlook that cultivates the well-being of others in all dealings and has no attachment to the rewards. The individual sees the rewards as being available for his use for a time.

At the heart of this approach to life is the need of the soul to worship God. The individual does this by being the best person he can be and by living in the best way possible.

With continued application the good within the soul expands. It reflects in the body, generating the best possible health. The soul is aware that the body is frail and slowly

weakening each day, so it teaches how to maximise what encourages full function and how to accommodate the body's natural circadian rhythm.

The individual learns to rest when the body needs rest and be active when the body needs movement. Just as the flow of good thoughts create a healthy mind, so does a healthy circulation maintain a healthy body.

When personal will is placed in the hands of the Divine Light of the spirit within, the soul becomes more radiant and this radiance reflects into the body, even as it ages. With the acceptance of the eventual dissolution of all that is material the approach to death becomes a path to greater illumination.

The wisdom of the soul advises according to a greater reality and so accommodates the desire to learn the best way to take care of the body. Make wrong decisions in taking care of the body or show no interest in its healthy function and the soul's wisdom falls on deaf ears. This part of the path to enlightenment closes.

God is the ultimate goal of all men and women which everyone will eventually achieve. Good health plays a big part. When the individual gets it wrong his body pays whether he believes his actions are good for the body or not.

The soul reflects the past while it contributes to a future road. The body reflects the attributes of the soul being used. Every thought and action impacts upon the health of the body. As more data goes into the soul the organs of the body respond in either a negative or positive way.

How do people know about the soul?

There are memories of good and evil experiences in the soul, so the individual has the propensity for both. He chooses with each thought and action which to expound and grow and which to discard.

He faces the fact of the soul's existence when he must. When he looks into the mirror of his soul, he sees what he can accept. When he removes the rose-tinted glasses, he faces his real reasons for doing what he does. He cuts away the facade and faces why he is doing what he is doing. He weighs the price and he pays.

When the individual uses his natural intuition, he makes changes within to set himself on a truer course. He places truth as the masthead. As he discovers more of its facets, he follows them. Truth leads him to God because he comes from God. As he gets closer to the Divine embrace, his worship and delight increase.

The soul never dies. It is a big part of the real person. No man is his name. He is not his personality. He is not his body. He is not his mind. They are all tools so he can function on Earth as a physical being, but his soul is not only this.

How should the individual function on Earth?

The individual should remove the veils over his eyes and reveal his soul. He should discover who he really is because who he really is will pass from physical life as him. He should leave the dream that physical life has constructed. None of its reality continues.

How can the individual leave the dream?

Through his intention. When everything he says and does is worthy, his thoughts have higher meaning. He makes the all-pervading spirit of life that he really is a major influence in his life. The spirit of life is divine in nature and eternally alive.

Forever joyful and effervescent it colours his physical life until everything he does, thinks and says is a prayer of thanks for life. He knows that all he needs has already been given to him for it is in his spirit self, accessed through the maze of his soul.

The individual is a creator of all he wants to create. His mind is his receptor for spiritual inspiration so it is possible to create by aligning his spirit to reflect Divine Will.

The individual is capable of being whoever he wants to be. Personality reflects selfish, physical desires. Character reflects goodness — compassion, joy, laughter, confidence and courage, all qualities that lead him to God. They do this when life is constructed from a heart that is listening to what is best within the soul.

No-one has to be as society says he should be. No-one has to do what others expect him to do. The individual only has to love his real self. In doing so he is loving all who have life and therefore loving God.

The individual has life. It is wrapped in the coin of the universe that is love. This love emits its resonance always — in good times and bad times, on the waves of despair and on the waves of joy, in social times and solitary times. Love is the ever-present voice of God — everlasting, ever joyful and for everyone.

Trust in truth.

Trust in love.

Trust in a forward momentum.

Trust in the unity of life.

All who recognise the unity of life have the back of the individual. They are protecting him, guiding him and encouraging him to take opportunities that present as steps on his golden path of travel.

We go about our daily tasks. We fall in and out of love. We share our lives with people for a time and then we go our separate ways. We have strong beliefs that change over time, sometimes even reverse. We love some food and drinks and then we dislike them. Nothing is constant.

We discover some philosophy of life but cannot apply it, so we ask questions - *Why are we here? Who are we?*

I can only say, listen to your heart. It knows truth when it comes across it. The feeling a moment of truth gives you is your beacon. Thinking and analysing this feeling is not possible because there are no words of description for what it conveys.

Why do We Live? Why do We Die?

As spirit we have always lived, live now and always will live. Radiating out of the mouth of God as his everlasting breath of creation we are what he is, perfect in every way.

We live eternally. Everywhere is our home. We can be anywhere because we are ever joyfully united to God and all spirit.

Sometimes we are cast on the waters of creation and sometimes we remain within his embrace. Still we remain one being, knowing only love, life and perfection.

We choose how to radiate what we are. Creation is our field of endeavour as we travel from place to place, experiencing it to expand our consciousness. Until we became attached to material life we could come and go at will. With our attachment we came and neglected to leave.

We are a loving spirit, so we looked for and found our solution.

We made our stay short and used bodies that could not last. They dissolve so we leave. For now, this is the law we must follow.

How can we change this cycle of events?

We locked our memories into our souls. These memories know material and spiritual life, so they draw us to where we want to be. We choose which memories best serve our purpose and these we use.

I choose the life of my spirit because it takes me beyond the influence of my physical life. I choose my spirit so I can shine in my daily life. I choose to be little influenced by time, preferring to use it to expand my spiritual knowing.

My spiritual memories are reflected to my soul because I can reach into my soul. Here lies all knowledge of life eternal. Here lies my potential. Here lies my real life.

All people call on memories that align with their desire. Throughout the ages people have always wanted to know God. Previously religions have served this purpose, trying to achieve the highest realisation of God possible in each era of time. Even though they become rule-bound organisations, without them many would have given up the search because they needed fellowship to encourage their way.

Not everyone thinks to find a greater purpose in life but at some stage all ask, *Why am I here?* We like the idea that we have something to contribute to the world.

People become well-known, make their fortune, have families and travel the world. These same people still need something more. They help others in less fortunate circumstances. They subscribe to charities. They promote good causes.

They share their good fortune with the people of the world. They contribute, most likely after asking themselves, *What is my purpose in life?*

Flame of Endeavour

Fire is mysterious. A present from the sun, the giver of physical life, fire is a latent and apparent occurrence. Necessary for life upon Earth and yang in nature, it exhibits positive and negative characteristics. Its configuration is able to light, warm and nourish or rage and destroy.

A real presence, fire signifies action and endeavour that uses extremes first. Both extremes can lead to moderation and measured application, a middle road that always follows the initial flame. Without fire action remains latent, an idea in the mind, a word on the lips. Men and women go from frozen stasis, the result of a lack of motivation, to the blaze of hell. Eventually they reach for the warming environment of heaven.

Fear not the flame. Its scorching effect eventually leads to a measured constancy. Fire blazes a trail for others to follow but the trailblazer pays a price. Seeking acceptance, he most often meets rejection by contemporaries. In doing so he is redeemed.

When working with a flame ask,

Is the cause worthy enough to bring to fruition? With the Flame of Endeavour can the best outcome be achieved?

The flame fans the initial drive, but the blaze can only be used for short periods of time. It is needed to initiate a venture but then it has to be controlled so it does not burn itself out. The temperate embers, with their warming glow sustain momentum, flames further used only at precise junctions.

Those who cannot control the flame burn out. They can only work for a part of their lives or have short lives. They can be an inspiration for others by promoting a general change in thinking. Sometimes they are on the world stage.

When the blaze grows to become a wildfire, it is extreme. Although death is the result, goodness can still emerge from the resultant chaos. Seeds fall to the bed of fertile ashes. In due season they sprout and become forest trees. Just as in nature, an endeavour can emerge from the fires of destruction. Like the phoenix it arises as a new direction and shows a new way. Control the Flame of Endeavour by finding sweet moderation and the whole of life can be dedicated to a

cause. Its influence can become a slow and steady promotion of change.

We are given many opportunities in the arena of life, but they are difficult to recognise. Not always what we want to do at the time they ask us to take a step into the unknown. The new direction only becomes clear after the first step is taken.

Opportunities help grow the goodness within. Courage is needed but it is already present, just waiting to be called upon. Leaving no time for thinking or discussion, opportunities enter our arena and fly past quickly. The time period to grasp them is short.

Renewal Healing

Opportunities come but not always as we envisage. Initially they are difficult to live through because they are a process that involves pain. Eventually they produce change for the better and the pain recedes. On a physical or soul level they impact on thinking processes and emotions.

It is not possible to go through physical life pain free. When injury produces pain, escape is sought. When disease produces pain, escape is sought. Escape is difficult because the mind concentrates on the pain.

When the cause of an injury or disease is not addressed immediately its pain resurfaces in later life. When it does, this is the time for renewal healing. This is another opportunity to once more address the cause.

View pain as an effect and there is a chance that the problem can be recognised. Courage is needed because the original pain that may not have been dealt with, has to be faced again.

The ageing Eagle plucks out his old feathers and destroys his beak by hitting it against a rock so the new growth can give him a renewed and prolonged life span. Men and women have

the same opportunity for renewal through healing, but the pain has to be faced once again.

Fear not. With courage, the mind can strengthen. Healing what is causing pain gives physical renewal which, like the eagle, furnishes further years of productive life. This extension of quality time coming through the pain of renewal is for he who can recognise this opportunity without fear. The person who can provide this renewal healing is invariably presented many years earlier.

On a soul level a renewal healing opportunity arises from the depths of despair when the passing of time is acknowledged. Sometimes intertwined with healing of the body, the soul seeks spiritual health so it can contribute its life to a greater cause that seems to be speedily slipping away in time.

Alternatively, the renewal healing opportunity for the soul presents as another step in the direction of a greater cause already being enacted.

The opportunity presented is a chance to withdraw from the influence of physical life and focus on the Divine Will for all men and women.

Pain heralds renewal healing whether on a physical or soul level. Have no fear. Dealing with the cause of pain is cleansing what must be cleansed and is different from pain suffered because of disease and affliction.

The renewal healing opportunity is a Milestone Appointment in life. It gives an extension of life that is brought about through pain and courage, but it is difficult to recognise.

The Eagle is the symbol of the higher octave of Scorpio where the fire of life ascends to greater heights through spiritual thought and endeavour.

Man can ascend above physical life, like the Eagle flying through the air, when opportunities for spiritual regeneration are grasped.

We have all known of or met someone who fills us with dread. We cannot remain in the same room with this charismatic and frightening person. Strong enough to walk away we cannot offer an explanation because those who are drawn towards this person never understand.

The presence of evil is as palpable as the presence of death.

Violent Rule

I have lived my life establishing power. I have gained all I wanted. I have done whatever I needed to reach my goal. Never was I swayed by the cries of those I injured along the way. It was my right to have what was on offer. All who opposed me were swept aside as meaningless flotsam. They had no particular destiny except to serve my rule.

Unexpectedly, before I passed, another mind rose within me and stole my satisfaction and my deathbed peace. I saw the faces of those I had harmed. I heard, not only their cries, but their words.

I have to leave all I lived for now, so I become a traveller with an empty heart.

Why did this voice of my heart have to rise within me to be heard? I thought I had silenced it forever when I ordered my first torture and kill. From the place of the empty heart I have now been instructed to look backwards and forwards along the line of Kings from which I sprung. I can see that the years are short and no king rules for long. The greater period of his life is spent on gaining the crown, not on judicious ruling.

I find so little difference in all these kings and rulers. Few came to rule with peace. Few embraced humanity and few served the people. This vision will not remain with me for long. It has been sent by wisdom and I have earned none. As the

vision fades, I have a last glimpse into a future line of Kings and rulers. The way for them is eventually of peace, for they have been touched by Hope, but many will continue to rule in the ways of the past.

When I felt the need for revenge it grew like a canker within me, uncontrollable and needing to be directed. When I could not towards he whom I had decided was my enemy, I sent it in another direction because it was too strong for me to contain. Its dagger headed towards another to release me from its hold. It went to whomever I could send it.

Unfair? Yes. Did I care? No.

This is evil action, the result of selfish desire. This is the way of dark revenge. It goes where directed, whether the recipient deserves it or not.

All that is sinister is uncontrollable and cannot be contained. That is how it spreads, like a conflagration, wreaking havoc on all it touches.

I could not change. I could not be benevolent.

Old habits are hard to break, and new habits are hard to form.

Education brings more knowledge about pregnancy, birth and the growing and aging body. It can make us fearful of what may be in store so we should remember that nothing is definitive. We do not have to resign ourselves to acceptance of our hereditary traits.

We can prepare for a stage in life from an earlier stage and change the predispositions we do not welcome. We can change from want to need and from indulgence to moderation, beginning with our thoughts.

Our emotions, word and action will then follow this thread of life. We can change so much when we surround ourselves

only with those places and people that encourage the best in us. We can learn new ways, difficult or not.

Memory Declining

Thoughts are the basic structure of everything in creation so they can be looked at from many angles. Whatever the nature of their thoughts, to the people thinking them they are normal. Every day most people are constantly reinforcing the same thoughts.

Let us look at people who think all day and every day about themselves, what is happening to them and the people in their lives. Thinking these same mundane thoughts repeatedly, constructs tunnel vision. Change becomes unlikely and change is vital for growth and achievement. An inability to change results in stagnation.

To these people only the known is acceptable. New ideas and new people are ignored because their thinking is different. This is stagnation. It produces a belief system that that does not have a healthy foundation. As much as physical tissue stagnates and leads to disease, thoughts stagnate, and the mind can become diseased.

People excel in the eyes of the world with what they know. These people want to excel so what they do not know is excluded from their thinking processes. In their eyes this is how they can maintain positions of authority and high esteem. They view a busy mind filled with mundane thoughts as normal. These thoughts take a lot of energy to be maintained. As a result, the inner organs become depleted. Stagnation of thoughts leads to physical stagnation.

What is the mood of thinkers of mundane thoughts?

New ideas and new people promote healthy thinking and living. Without this stimulation mundane thinkers become weighed down, heavy and despondent as they repeatedly

relive the activities promoted by their thoughts. Their positive reinforcement is to say that they are so busy they have no time for anything else.

They constantly re-think a small circle of rotating thoughts. This becomes habitual. Anything outside this circle of thoughts is foreign and difficult to remember.

Instead of expanding, memory shrinks until it only accommodates what lies within habitual thoughts and actions. Old ideas are repeated. Anything new is quickly forgotten. This is an unhappy state of affairs because it leads to confusion, even despair, depending upon the nature of the thoughts. Eventually these people ask themselves, *Is this all there is to life?*

Their thinking has told them that they must live with the decisions and choices they have made, that it is not right or fair to others to change them. They shut the gate to their minds with a clang, only allowing the familiar to gain entry. In their perception the people around them will then remain the same. Their words and actions validate their own.

Over a period of time memory crystallises so that nothing new can be memorised or recalled. An appointment book becomes a necessity for every-day living.

Lack of stimulation contributes to the loss of memory with ageing. It becomes difficult to ask questions about the meaning of life or purpose upon Earth. It is easier to remain within the same cycle of acceptance of what is, anything new still viewed as unpalatable. The soul's memory is relegated to the deep and the spirit is buried beneath the routine of repeated thoughts and mundane lives.

These people feel as though they are being tossed this way and that, like flotsam in the waters of a river. All is the fault of Fate. They continue to think thoughts that reinforce their belief in how happy they are with their lot. The fighting spirit they need to shatter the boundaries of mundane thoughts, actions

and beliefs, sometimes imposed by some authority, is deeply buried.

Freedom, independence, self-determination, searching and non-compliance with existing circumstances are all the part of the character of the fighting spirit — the Warrior for Truth. He is not afraid of travelling alone to find truth and purpose in life, He is not afraid of invigorating his mind so he can plumb the depths of his soul's memory. He does everything within his power to banish mundane thoughts because he knows they build a mundane life.

When thoughts become spiritual in quality and quest, the mind becomes alert. The memory becomes sharp. Energy is available, not stolen from inner organs, but replenished through healthy thoughts and controlled emotions. Healthy thoughts inhibit loneliness that can well up from the soul. These thoughts tell people what the world is really like and what place they can construct in it.

Mundane thoughts are not real. They contribute to the illusion that some magnificence exists in physical life when it does not. They silence the heart's truth, so it does not need to be faced.

They contribute to mental laziness because they inhibit any reach into the new and unknown. They mask real life and paint a more acceptable picture that does not admit to laziness, fear and lack of confidence.

These thoughts construct a shadow that many people accept as light. They are another reason why Earth life continues as it is. The path of the master's that accommodates the magnificence of the human spirit and leads to a greater destiny, remains hidden from thinkers of mundane thoughts.

Many young people have to suddenly face life changing or life-threatening illness. Our hearts go out to these courageous people.

Travail

In times past people had many health hurdles that had to be endured. Today even though people live longer they still have health issues, but they have opportunities to resolve them as those in past times did not.

Travail is part of life for all people, but the major tests and trials of life today are more mental and emotional issues rather than the health issues of past times. The resolve, determination and will of the Seeker of Truth are tested. He has to really want from deep in his soul to travel this path to knowledge of God. He is likely to fall at the first, second or twentieth hurdle. Can he pick himself up? The soul eventually wins its desires as does the heart. The soul communicates them to the heart so the heart can call on willpower and determination.

To achieve this the mind has to be under control. All effort can then be channelled towards the goal. When the mind does not lead the heart down the byways of material selfishness the spirit can reveal itself and return the soul to ways of goodness so it may leave material influence for ever. That is the desire of the spirit. The spirit is forever glorious. It is the light of God. The soul is becoming the glorious light of God. The heart and mind follow the soul, reflecting into the physical form this light.

Creation is flying through space on the Cosmic Wind. On the wings of endeavour thoughts fly to respond to those thoughts nurtured in the Great Beyond. Coated by all that encourage them these thoughts build form and so an endeavour is physically born.

With continued thoughts of growth reaching out to coat the embryo, it sprouts then matures and the goal is achieved.

Our bodies are not perfectly aligned for what we wish to do with them but for each of us they perfectly reflect the condition of our souls at the present time.

Our bodies reflect our thoughts and emotions, changing to accommodate them as we age.

Let us love our bodies and be satisfied with how they are. In some way they mirror who we are inside and that can be permanently beautiful if we work for this to be so.

Man's Body

Man's body is designed to live a temperate and moderate life. His hearing and his sense of smell are moderate. His eyesight is limited to a small range of the spectrum.

Many animals have a far wider sense of vision and hearing. With their senses of smell and hearing they can sense their prey from many miles away.

Man's sense of touch is moderate. His palette caters for herbivorous and carnivorous taste, but his stomach is small. His body is designed to be moderate, so his attention does not naturally remain on his senses. He is designed to use his mind for work and survival even as he reaches for the greater heights of the Greater World.

When he first came to Earth man's spirit remained strongly and overtly connected to the Greater Life and to God. He came with a mandate. His body, more ethereal than now, served this purpose and he did not need strong physical senses. He used his intuition and heart to live according to his spiritual mandate, so his body did not need great physical strength, speed and agility. As his body became more physical it was not constructed for speed or endeavour. Man was designed to roam the Earth at a moderate pace.

With his body more ethereal the air provided nourishment and his palate was gentle. With a moderate and gentle climate, he lived without extremes so did not need substantial clothing or shelter.

Speaking the language of the Earth he lived in safety. Everything he needed grew for his use, food and medicine side by side.

This is not how he lives today. Man's attention is on his physical body. He strives to give it greater strength, agility and beauty than is natural. This focus causes the senses to overpower him and produce destructive habits of greed, lust anger and laziness — all addictive pleasures.

The body is as it is today because of how, through millenniums, man has used it. Our task is to bring it back to its original ethereal grace and beauty.

By casting attention on the Greater Life, the mind can become the tool it is supposed to be. With this focus the mind can become what it was designed to be. The corridors of the brain can open so man can use more than the ten percent he uses today. His natural curiosity about everything will return and his wider learning capacities will be renewed.

Over time his physical body will reflect these changes and eventually revert to its original design. Man has an exciting, upward journey ahead of him. In this long journey the individual has to take that first step alone.

In our youth we are idealistic. Sadly, over time we lose this trait usually when we become focused on material accumulation. Let us remember our youthful ideals so we can keep them alive. It is never too late to rekindle them.

Dream of Life

What is the dream of physical reality?
How is this reality constructed?

The life of man is his independent, self-motivated and self-determined spirit. He is only on Earth because his spirit brings him here by breathing life into a new physical form in utero then handing jurisdiction over to the soul.

Always the place of residence takes precedence so only with determination can man hear his soul. He has buried his memories of everything to do with his spirit deep into his soul and the soul is now difficult to access. This includes the memory that he even has a spirit. Man is fumbling in the darkness of illusion when he takes his first independent breath.

The burial of memories is the first step in constructing the physical dream, called this because it has no foundation. Man's five senses tell him how to respond to physical life and without them he has no perception of physical life. He limits the function of his senses to what he finds acceptable. Anything else does not exist for him.

The spirit of life is free to control its destiny, choose its course and become fully conscious of the Divine but it has little opportunity to do this on Earth.

Through the philosophy of reflection man does everything he can to control his life, but he interprets the philosophy of reflection inaccurately. The philosophy he uses is generated in the self-serving physical mind. This means his physical life has no foundation of truth even though he chooses his path and works to achieve the great destiny he thinks he should have.

Life on Earth is designed so that man has to work for his food, shelter and warmth. He wants to control his life so no-one can tell him what to do so he organises his environment and everyone in it to achieve this purpose.

His thinking is not logical because although he does not want to be told what to do, he wants to tell everyone else what

to do. He believes this is his Divine right, so he organises systems that keep this fundamental process in place.

He counts how many people there are because they are an available workforce. He learns how to control populations, so they are manageable. He introduces a monetary system that is descriptive of a dream because money is not a real commodity. It is a piece of metal or paper or is digital and of no use except for barter. Money tells people what they can do and cannot do, where they can and cannot go, how they can get there and for how long.

Man builds machines to reinforce his orders of control and he introduces toys that he tells the people will make them happy. They oblige by using them, not realising that their thinking is being controlled. He removes those who do not comply with his wishes.

Man is dreaming a construction that will not last because another construction is always being dreamt to replace it. It cannot last because it has no foundation of truth. It is a construct of man's finite mind, destined, like everything finite, to melt into the shadows — the fate of all dreams.

As dream replaces dream, civilisations rise and fall, and so does man. He is in the grip of a larger destiny that limits the time of the dream world. The only unchanging reality is the destiny of his spirit that is beyond his construction — unaffected by everything he dreams and puts into place.

When the constructed dream is pleasant the spirit within can sometimes rise and speak to the dreamer. I am here. It is I who is you. You are not me. Man will eventually wake up.

The awakening will be painful because with it the realisation that his ideas have been a dream is shocking.

What is the life of the dreamer?

Only truth is constant, unchanging and ever present. The dream and the dreamer constant change because the dream has no foundation of truth.

Every year animals grow the same heavy, fur coats in winter. Every spring they shed them so a lighter coat for the summer weather can grow. Man buys clothes to accommodate all seasons, yet he is never satisfied with what he purchases. Every year he wants a different colour and a different design. He buys a house. The following year he changes it. He is never satisfied.

This is the elusive state of the misty, dream world man can construct but he is building on ever-shifting sand. It is an experiment. He wants to use his own will to create but everything he constructs brings only eventual pain and suffering. In his frustration he is unkind and cruel to others, reflecting his own unhappiness and pain onto them.

Eventually man will give up. Falling to his knees he will apologise to the Creator.

"My will has wreaked havoc. Let your will become my will. I want to leave my construction. I want to leave the dream that has become a nightmare."

The answer comes.

You can and you will. I welcome your return to your destiny. I will send you as much help as you need because you have to first put right all the wrongs you have done to others. You have to remove their pain. In so doing you will remove your own pain. My embrace is love, not pain, so none of the pain you have created can come with you.

No matter how difficult this process is, remember I am waiting for you. I am sending wise ones to guide you so you may come home to me when you are ready. When you fall, they will pick you up, strengthen you and set you on your true path once again.

My reality is simple because everything in it produces joy. As you set things right, little by little love will replace your pain. You will know it is my love because you will feel joyful. When your actions are correct you will feel joyful. When they are not correct you will feel upset.

Joy is your star. It is your treasure. It is your monetary system. Store it up and your speed towards me will increase. As you get closer the dream you have been living will become more transparent.

Made of physical solids coming from liquid elements that are derived from ethereal gases, your experience of the dream will transpose from solid to liquid, then gas.

Then, as with all gases, you will see the interpenetrating spiritual worlds as light. They already exist for you, but your focus has been so busy dreaming what is solid you no longer see the ethereal spirit counterparts.

As your actions for goodness turn the Wheel of Life, what was solid becomes misty and ethereal and what was misty and ethereal becomes solid, experienced through your heart and mind.

Be encouraged. I see only the goodness radiating from you and your body is becoming more ethereal because of it. Reach out to me with all your heart and soul. I am preparing a banquet in your honour and your spiritual family is here to greet you.

You are learning to construct my way. It changes the nature of your dream. You think of self-control, not control of others.

You think of your needs, not your wants. You think of joy, not pain. You think of freedom of the spirit that does no harm, so you do no harm.

These are the ways that demystify the spirit world and mystify the physical world. When you construct a dream for others to live, you become a prisoner in it, unable to find the exit door.

I am the exit door. For every person who wants to exit I send a warrior to hack away the undergrowth of lies that hide it. I send the messenger who can give you the key to open the door. I send guidance to show you how to cross the threshold. Once you step through the door you are safe.

Blessings, joy, love and honour are yours, for you are my beloved.

Part Three:
Finding the One God in this Life

Introduction

The journey of man upon Earth has been long and we have only known history to refer to. Who knows what has gone before this time of reference? The Earth is billions of years old so many civilizations must have risen and fallen.

Throughout our known history man has had many names and descriptions for the Divine aspect of life. In this book I use the term the One God. It signifies something greater that cannot be named, qualified, described or understood in physical terms.

We can only understand things in physical terms so to us God is incomprehensible.

From known ancient times Judaism has followed worship of the One God. The presence of followers of Judaism in Egypt influenced Pharaoh Akhenaten to give monotheism to the people of Egypt. Prior to his time Egypt, like many of our cultures and civilizations, worshipped many gods — each a god of one aspect of known life — all coming under the rulership of Ra the sun god of Creation.

Akhenaten was revolutionary in his time. He planted the seed of monotheism into a ruling nation. Although it germinated for only a short time it was a forerunner for the merging of state and religion. Today monotheism remains the predominant mode of worship in the major religions and states of the modern world.

Our past emotional worship of an omnipotent One God was personal. It made us feeling unworthy enough to practise extreme asceticism.

Today we are moving into a time when we look to ascertain the One God as being both personal and impersonal.

We are looking towards creation and asking how the creative function of the One God manifests in us and in our created environment. We are moving from emotion to intellect because we want to understand more.

What do we take from the past and what do we leave behind so that the future does not weigh down one pan of the Scales of Justice? This present time carries a warning about extremes.

We must monitor our behaviour to create a more balanced approach to emotions by learning to use our intuition. We also need to monitor our behaviour to have a more balanced approach to our intellect by learning thought control.

Loving hearts always ask why we are here on Earth and what we should be doing while we are here. Sincere and genuine questions are always answered, the answer adapting to the different customs of different people. Through many avenues the One God shows us how to live with love and purpose in every circumstance.

When we continue to seek the One God, no matter the hurdles in our lives, joy, love and learning find us. The result is a peaceful heart.

This is a time of visionary experiences that I have to find words for. I need inspiration to do this. How else can I translate what I experience into written language?

Looking for the One God

To us the One God is the unseen, unknown and indescribable source of life. We know we are created, so our purpose is to discover our Creator.

Finding the One God is our sublime purpose in life. This search is universal.

With this purpose forefront in our minds we try to understand the greater picture, of which we are a tiny piece.

The whole is made up of many parts. We contribute to the whole, so we are not here randomly. Our hearts drive us to discover why we came to be on Earth and where we go when we leave.

How we live shapes the way we look for the One God. It may be through asceticism and renunciation. It may be through devotion. It may be through enlightened communication. It may be through serving our fellow man. It may be through consolidating the continuation of the family unit. It may be through our work.

What all ways have in common is a desire to promote a harmonious relationship with the Earth, our environment and the people with whom we share it.

The One God has many faces so there are many ways for us to find him. This makes the approach individual. We experience the One God through our spiritual mind and our spiritual heart. They transmit what they receive to our physical minds as an awareness that becomes our reality. As creator, we call him Father. His communication is action. As nurturer we call her Mother. Her communication is love.

The yearning of our hearts produces our experiences so when our hearts yearn for awareness of the One God, we live the way we need to live so we can realise this sublime purpose. To do this we do not need to follow another's directive.

There is no easy life upon Earth for anyone so this great purpose cannot offer an easy life. We live with dichotomy so every moment of every day we must choose one of two ways to respond to life. We can choose to respond to the manifest world that speaks to us through our physical minds and develop attachment to its ways. We can choose to respond to the spiritual life through our spiritual minds and learn of our greater journey through the mansions of life.

We may struggle to find the path that suits our goal because our minds are filled with conflicting desires. The

greatest conflict our physical minds create for us is the continued and repeated murmuring that this life is all there is. This is offered in anger because our physical minds know that this life is over quickly. It pulls the veil over our eyes again and again, so we do not focus on this fact. Only approaching death lifts this veil unless we remove it ourselves with our courage.

We need courage to maintain our quest to find the One God. Courage helps us face facts so we can understand our place in a great universal vastness that is the setting for abundant life. We have to recover the keys that unlock the doors to higher thought. Those who are closer to the One God can show us the way. They can instruct our practices.

We have to reach for these souls to receive the teachings we need just as others reach to us when they see our path is moving closer to the One God. Teachings on this path can answer some of our many questions. This is one way we are not alone. In our quest we conjoin with others. We form relationships that contribute to our quest, but we have to practise discernment.

Our goal to find the One God can take us to both earthly and spiritual mentors. Through them we come to know trust and unconditional love. Through their teachings we can discard our attachments to earthly ways and elevate our spiritual prowess. We can learn how to recover the keys that unlock the doors to higher thought. With spiritual teachings in our lives Divine providence becomes more important than Earthly learning and knowledge.

The One God is infinite so our goal to find the One God is an infinite goal that continues throughout life. We have physical goals, but they only belong to physical life. They contribute to my infinite goal because we seek to respond to the people and events of each day in a way that reflects it.

We seek the One God in all that is around - in the Earth, the stars, the weather, people and all that live upon Earth. We see

his workings in all he has created. What is visible to our eyes we know to be only a reflection of their origins.

As we watch the seasons play out, we acknowledge that there is a great machinery of patterns ensuring that all is as it should be. The more we learn about the manifestation of life in our environment the more we become aware that a great architect is the source of what we comprehend.

We seek the One God in our souls through reverie and contemplation. It takes us to an awareness of the Greater Beyond. Through this instinctive withdrawal of our physical senses we discover aspects of the One God in the life we uncover.

We seek the One God through our souls in meditation. The Masters of Life who know more of the One God than we do have laid a path for us to follow. When we subdue our thoughts, we find these great and immortal fountains of wisdom who are able to light our way.

My only worthwhile thoughts are those that contribute to my sublime goal. People I know or have known, who have aided me on my journey through life, are jewels in its crown. Everyone else passes through. I am aware of their presence, but it does not influence me. This simplistic view of the greatest purpose life offers me is what intellectual complexity and materialism cannot. The years pass quickly. Earthly goals are made and achieved but without this greater purpose my heart would remain hollow.

The One God can be found on every path. Belonging to infinity he cannot be recognised by the finite, physical mind. Awareness whispers its way into my heart to fill every space. It travels via the spiritual mind that is able to recognise and translate what comes from the Greater Life and delivers what is possible to my physical mind.

The inner way is lit. The inner path is negotiated. Spiritual teachings and guidance are available. Courage indicates a

sure direction and my heart receives the sublime joy of the spirit — my heart's treasure.

Meditation is different from reverie and contemplation although all three interweave and can be a means to discovering what can be discovered of God. The focus of meditation varies from person to person. From my perspective it involves the senses, so it offers much to be experienced. There may be visions. There may be illumined teachers. There may be places to behold. A predetermined goal can centre the concentration.

Reverie and contemplation are open-ended — a means to learn about the soul — where it has been and to where it is going. They can help us access the mystical nature of our lives by not focusing on the physical life being lived.

Meditation, Reverie and Contemplation

Looking within is called meditation. It has a twofold purpose. The first is to find the One God and immerse ourselves into his will and love. The second is to receive knowledge and guidance that can lead to wisdom about physical life. Physical life is real to us because our senses interpret it, but it is only one facet of our lives. In meditation we bypass our senses and go to the central sun of our mind — to another place that is also real to us. We can become immersed in this life in the same way we are immersed in our physical lives.

In reverie physical life can slip into an illusionary view while remaining visible, as in daydreaming. We can be looking at a tree and enjoying the sunshine then the tree disappears, and we are looking at another place, in another time and it fills our mind. When our focus returns to the physical world, sometimes with a jolt, the tree reappears. We remember being

where we have been, and we are invigorated and happy because of being there.

The One God is present in both worlds but manifests differently in each. As we experience more of the wider vista of our inner lives, our sublime purpose gives us the drive to learn more. We learn to differentiate between clear visions and illusions as the infinite capacity of the One God draws us closer towards reverence and worship.

How can we recognise the One God?

In contemplation the One God leaves a message of joy. Our minds become peaceful and our hearts purer. As a result, we think kind thoughts and compassion becomes an integral part of who we are. Our Earthly goals become fewer, then disappear. Our lives simplify and our independence of spirit becomes more apparent. Clarity is born. When we ask for guidance or assistance our need is met but mostly, we do not ask.

Every person has available within a special place that can furnish a retreat from physical life. This place is like the cave of the guru who lives on the mountain or the temple of the enlightened one who lived in ancient times. It is like the retreat of the Seeker of Truth, where-ever he may be; the place where he is undisturbed. This is the place where he reaches into the Greater Beyond to bring to his yearning heart what it needs to fulfil its sublime purpose of discovering the manifestations of the One God in whatever way is possible.

We find the One God through our thoughts once we learn to control them. We find the One God in all hearts that beat upon Earth. These we accommodate. We find the One God in our physical world. This environment we respect and care for. We are its custodians and we allow it to be as it should be — a healthy nurturing ground for the spirit of man.

The saints, the enlightened ones and the gurus have an awareness of the One God that reaches beyond physical life. They understand that the spirit of man is a spirit of love and, like love, permeates everything. They understand how the spirit manifests in physical life. The Seeker of Truth and the man of the street may not have the awareness of a saint or an enlightened one, but their awareness can grow and increase when their hearts really want this.

Life is movement that brings change. Change stimulates growth. Movement change and growth can take us down a path that gives increased joy in the simple things of life. Joy removes our need for pleasure. It removes our need for the love and respect of specific people because it accepts all hearts. It shares what is good without expectation of any return. It encourages the growth of the inner temple so the walls of the citadel of the outer temple or cave that is constructed for use cannot be breached.

There is safety in universal joy. There is love in universal joy. There is the provision for life in universal joy. All needs are met when we contribute to the increase of this joy that is the gift of a Divine emanation — a signal to man from Divinity that love is present.

Joy is part of meditation, reverie and contemplation but it can also be part of the simple tasks in physical life that need to be done. Our feet may be on the ground, but our heads remain in the heavens — able to receive the rays of life from the Greater Life at all times.

The desire to find the One God can be inclusive of physical goals which can contribute to the sublime goal. Physical goals produce experiences that teach. With the learning received from experiences, the heart expands — able to accommodate more of what contributes to the growth and movement necessary to achieve the sublime goal.

When there is little attachment to special people the heart has desire for the Divine. The presence of all people is welcomed but there is no need for it. Without need, there is no loneliness. Without need, there is no sorrow. It is replaced with the heart's knowing of what must be done so that sorrow transposes into joy.

The presence of the Seeker can bestow blessings upon those who continue to have needs. The blessings are an encouragement for them to learn that they already have everything they need within.

Our lives are manifestations of our thoughts, so it is better that our thoughts align themselves to the desire of our hearts to find the One God. We may find the treasures of the Earth, but we cannot keep them, and they cannot give us lasting joy. For a moment in time we are happy that we have them but ultimately, we do not know what to do with them.

The next treasure of Earth is power over people. Following this is the position where we can command the life or death of others. Beyond this there is nothing more.

All this erodes the soul because what is good within the heart retreats. Eventually we feel alone and dissatisfied — bewildered that our life's work has not brought the peace and contentment we thought it would.

When our gaze is on the Divine our hearts expand to receive more of what the Divine offers. We are able to blend into the needs of humanity. The next step can only be service given in whatever way we wish.

Service becomes an integral part of our nature, not separate from any other part when our thoughts are not self-serving, and our emotions are not needy. Service becomes a natural extension of who we are — reaching towards others.

Some people are drawn to us; all others do not see us. To their eyes we are invisible. Pearls of Wisdom and love may be

pearls of great price, but they are not always seen. They are only recognised by hearts that seek what they contain.

Pearls of Wisdom and love are not for self. They are of the Greater Life that embodies the Greater Mind and the Greater Love — two sides of the one coin. Each person has a predilection towards one side of this coin. The Greater Mind is exacting. It offers strength, courage and a determined focus on the sublime goal through the attainment of knowledge and experience — the seed of wisdom.

The Greater Love is devotional. It is gentle in its approach, reaching into all hearts that seek to avail themselves of what it offers.

We swing between both. No one way is applicable to every situation. Each is embraced at different stages in life. As veils lift there are different requirements because there are many ways to serve. Service is not sacrifice. It is a natural outcome of learning how to live well with a sublime purpose.

We all play a part in life. In some way and in some time, when we are ready, we all want to find the One God in our own way. We do this when our hearts desire it more than they desire anything else. There is no hurry. We are all free to choose when and where we do what we do. It is a good thing to sit each day in our caves for a moment in time and ponder on our achievements of the day and upon our kindnesses we have extended to others.

I cannot help but want God. It is a strange desire because it is not personal. I feel part of something greater, but I have no recognition of what it is. When I am receiving inspiration, I know more of this conundrum because I am in a place of awareness that accommodates what the physical mind does not experience.

Other people may experience this differently but that is the beauty of learning. It adapts to the individual requirements of all people.

Awareness of the One God

Our bodies are made from the Earth and to survive they feed from life sustained by the Earth. This includes animal, vegetable and mineral life. Maintenance of the health of the body, when it is reliant solely upon the Earth, needs all three. We are more than physical bodies and what we are more of can also keep our physical bodies alive. We live in spiritual worlds, so we also have spiritual bodies made from these worlds. Spiritual worlds are lighter, more ethereal and invisible to physical eyes. The more refined the spiritual world, the more abstract its life and food.

We are a combination of these two aspects of life, and we seek manifestation of the One God in both. Because we have two residences, we want to understand how to live well in each. For this we want to know the Divine Will for us.

Awareness of the One God expands the horizon of our minds and hearts. As a result, we absorb more understanding of what we need to do. We find truth that transforms us. We no longer depend only upon the life of the Earth to nourish the health of our bodies. The Greater World contributes to our nourishment and healing.

I look within and what do I see?

I see a dream world, a place I go to many times during my hours of sleep when I am released from consciousness of the physical world I live in at this time. The world I go to is on a flight path built by the desire of my thoughts to reach a place which remains my real home, even while I live upon Earth. My thoughts are of a greater life and a greater world that manifests more of the One God than Earth life.

I look within and what do I find?

I find spiritual teachers. I find love. I find truth. I find a world greater than anything I can imagine. Its reality influences me and when my awareness returns to physical life something of this other world returns with me.

My words cannot adequately describe what I see and hear. I may be hearing the voice of the One God. I may be hearing the voice of spiritual teachers. I may be in my real home. What I do know is that I what I find is love most pure that gives greater meaning to my life upon Earth.

It does not matter that I cannot define or describe what I discover but I know it is part of the worlds and truth ascertained by Masters, gurus, saints and Seekers of Truth. I know it is defined in various ways by those who enter its precincts.

I find this greater reality within. It draws me towards itself, becoming more and more important. I am part of it. I merge into it. I am home. My will determines that I continue to reach into this greater reality and discover more of its truth. I pray that my will reflects a greater will.

I find knowledge, teachers and libraries. I reach for wisdom through what is gifted me by great teachers in spirit. I knock on the door. The password is love. It gains me entry. I am drawn into the beating heart of life until I become one with it.

This is a greater consciousness of the One God. When my focus returns to Earth I bring this consciousness with me. It becomes a reflection that colours this world, so it becomes brighter than when seen only through physical eyes.

What is my goal?

I want to bring to my physical life everything from the inner world that is possible because I see physical life blending with the Greater Beyond. I want to live this inner spiritual life while I

am living my physical life. I want its reflection to become wider on Earth and its influence greater until it drives every thought and every action of all people.

We all travel two paths simultaneously but so rarely make use of the wisdom and love from inner worlds. We remain unclear about why we are doing what we are doing.

There can always be an outcome for good with everything we do but we do not always know when it is to be. It may manifest further down the years. We must remember that our presence upon Earth can always produce an outcome for good.

I revere the Greater Life. I revere the Great Spirit. I revere the One God. I have been given an inner sun that lights my way. I have been given a spiritual pathway within my physical body. The creator has left no stone unturned so I may find my way home. I can look outwards to the universe. I can find signs there and travel according to their direction. I have a universe outside me and a universe inside me. I can follow the signs of both and return home more quickly. I just have to learn how.

There is much to learn about life. I have life so I will learn, but often I need help. I have been created with love, so I will learn about love. The Spiritual Teachers, the Great Spirit, the One God that is love have given me the blueprint. In learning about life and love I am learning to worship the One God.

As I look within what causes me to return again and again?

The greater consciousness gives me fourfold what I seek because four is the number of the Earth. I seek to become one with the Greater Will so my will in this direction strengthens fourfold. I seek to become one with the Greater Love so my capacity to love increases fourfold. I seek to learn of the Greater Mind, so my learning increases fourfold. Why would I not return?

I look within and I am given so much more than what I give. Mostly I am given joy that has the potential to become union with all life.

We can all find knowledge, wisdom and joy when we look within and blend with what we discover. We can all do so much. All we need is love and will.

Let our discovery be the Great Spirit of the Greater Life. Let our discovery be wisdom and love. Let our discovery be the meaning of life.

As our awareness of spiritual inner worlds grows, we want to share what we have learnt with others. We especially want to share the goodness and joy we have been given. We serve best according to our inspiration or instruction from our teachers, but this is Earth so whatever our work it still brings its own troubles. People may not welcome our ideal. There may be opposition. Encouragement may be limited but when our will reflects the Greater Will, we can tolerate these difficulties and sorrows. They are alleviated by joy growing within our souls.

As the inner path of the soul gains ascendency over physical ways, service becomes what it must, and the outcome is assured to be the way it should. The One God is everywhere. Because he created everything everywhere, we can find him everywhere. He is impersonal — ineffable and unknowable. When we look outwards to the physical world, we communicate with him in the impersonal manner of our minds. Yet the One God is also personal because he is within us. We can also communicate with the One God in the personal manner of our hearts.

However, we communicate with the One God our communication is naturally shared. It does not matter when others turn from us. Joy remains and continues regardless of any reaction to its underlying presence. Further down the

years any who have felt its radiation will remember it and seek to experience it again. This memory encourages a future journey.

We are capable of absorbing more than we absorb at this time. The capacity of our hearts to receive the love and wisdom of our inner spiritual life is infinite. As we learn more of love and Divine wisdom, we have more to give to those who come our way. In one more way our presence is helping increase love and wisdom upon Earth. This is living prayer. This is living joy. This is a reason for living. This colours our daily life in such a way that we become constant. Our hearts remain with the Greater Beyond.

Let us discover what our minds and hearts are capable of and reach for more. Let us leave no stone unturned. Let us leave no door unopened. All our prayers are heard. All our questions are answered but not in the time or way anticipated. Through experiencing the One God we change for the better.

We all belong to the human family — a strong and powerful brotherhood. Prayers from this brotherhood shine a light that draws in those who have strayed into dark ways, so each of us reaches other people.

In certain generations a wise one or an inspired teacher stands above all. He delivers the message in such a way that many people are touched. These inspired ones come to Earth to lead people into better practices, showing how in their time the One God of Love and Justice can be revealed.

Now is the time for the Brotherhood of Man to grow. It is seeded in the individual who is looking within to find the One God. It is the supreme purpose in life that is shared because the spirit of each man is connected to the spirit of all men. This makes it a sublime and noble aspiration that should never to be abandoned.

When one person finds more of the One God his spirit radiates what is received to all people. A foundation of

acceptance of this response to life is possible because Seekers of Truth exist all over the Earth.

No matter where your path takes you, find the One God. Whether in physical life or in life in another place this directive remains relevant to all people.

There is a time in everyone's life when healing is needed. Unless another has been through a similar situation, little understanding is given. Fears and emotions are buried so we can present a pleasant and happy face to the world.

We will eventually change all fear into hope. We will eventually learn when to accept and when to strive for something more. We do learn. Surprised by our own courage we continue to develop all that love asks us to. As human beings we are remarkable.

Healing through Divine Intervention

The universe comes from the mind of God. It is first expressed as a thought then as a word that produces a manifestation. Man reflects this process to create the world he lives in. The way the world has been created is the blueprint for man. It is up to him to discover its secrets. This is this way for everything, including healing. Man must look deeper into the process of creation. He can look beyond the physical manifestation, into its etheric counterpart, into the spiritual world then towards the Divine which manifests everything everywhere.

When man's understanding expands so does the horizon of his mind. By comprehending the world, he lives in, he can create within it, but he must go to the source of creation in steps, from the manifestation to the concept. Education is important. An inquiring mind encourages the blending of all the parts that make up the sum total of the man. This is how

man can learn how to heal himself, but the source of all healing is Divine intervention.

How does Divine intervention promote healing?

Divine intervention comes through man's worship of the One God. In this state of communion healing becomes possible. A strong desire for spiritual unity makes healing possible. The spirit is the part of man closest to the source of life. Next comes the soul, then the etheric and finally physical matter that includes mind, body and emotions.

When healing is needed it is really the soul that needs healing because the soul has experiences of good and evil. What is not of spiritual goodness has to be eradicated or transposed into spiritual goodness. This produces healing.

Divine intervention is the process of change that man can use to create personal change in his thinking, emotions and actions. The etheric is closest to the physical world and houses all the thoughts, actions and emotions of the individual so the etheric always needs healing.

Divine intervention can present through another. When the frail physical body needs treatment the health provider may be inspired to produce change when he calls for Divine Intervention.

The process of healing requires the individual's participation in the event. The part he plays is important. The cells inside the body can be changed with thoughts, emotions and prayers. Stable emotions, controlled thoughts and a natural diet encourage the cells to function as they should.

In turn cells functioning correctly contribute to the health of the mind and the emotions as well as the body. Combine learning how the physical world and body functions with enlightened personal actions and much becomes possible.

The more learnt about life the greater the expansion of the horizon of the mind. As man discovers more about the

microcosm and macrocosm his view of his place in the world becomes more realistic. He discovers that all life forms, including each cell of the body, have a short life span. Cells grow, mature and die but the organism that they make up continues.

When he takes this concept one step further, he can view the body as a cell that is part of something greater that from his perspective on Earth he cannot see. As a cell he grows, matures and dies but as part of a something greater, his soul continues to live.

Man's vision is finite. He cannot see the something greater that is made of the inhabitants of Earth, the Earth, the solar system and the universes. His vision is unable to penetrate the larger picture, yet his heart knows that the greater something exists. His heart knows that the world of Earth is identical to parts of the nucleus of a cell within the human body.

His heart knows that there are moving parts in a cell that could be equated to the movement of man across the cell of Earth. His heart knows his vision is limited but it also knows he can expand his vision, not by looking outwards but by looking within.

Besides learning outwardly through the sciences, within man lies much knowledge that is waiting for his mind to seek and find. The more knowledge from within that is revealed to him the greater his opportunity to heal himself, others and the world he lives in.

In his progress towards real learning man has made so many mistakes they have produced a fallout on Earth, but he is the one who ultimately suffers. When things are going well he prospers, but nothing remains constant. Positive always changes to negative and vice versa.

When positive changes to negative things do not go well and man suffers. His suffering produces a need for healing and teaches him of his need to love. His pain teaches him what to

do and what not to do. Man can be healed of all his ways. When he makes a mistake his suffering drives him towards the healing he needs because he has engendered its need. He initiates everything that happens on Earth so everything that needs healing on Earth has to come from the will of man aligning with the will of the Divine.

Because all people on Earth are part of the same cell of life what each does to promote healing and health benefits all people. Rogue action produces rogue results, but man can rectify these results, so the cell of Earth returns to full health.

Everyone must work as one family. A diseased Earth is a diseased cell in the greater body of life, and it must be cleansed and brought to health, so it is not cast out of the body as too diseased to continue to function.

When healing is needed man has to make the effort himself to bring it about. It can only truly be when he invokes the Divine source of life otherwise only partial healing results. Full healing is the complete man who is the sum total of his many parts, all of which he has to bring to full function.

The spirit of man is glorious. With healing its energy and power is magnificent because the spirit is the greatest reflection in man of the Divine source of life.

This healing from the spiritual unity with all life permeates the soul, the etheric and physical man, including his thoughts and emotions. Real healing produces joy, gifted by love, the spiritual unity of life. How does Divine Intervention manifest?

Divine Intervention comes on the light of spirit as a thought, a word, a sense of belonging or inspiration. It highlights the courage that already exists.

It lights the way and sends in the correct season to he who is in need, the one who is necessary. It raises man's face towards the heavens so he can see the light above and know that passage is possible.

Healing is given on a positive ray but is received on a negative ray so for the recipient it is painful. When the emotions need to be healed of their extremes in times of endurance, love received causes tears to flow. When the body is healing it is painful because it is eliminating what is adverse and rebuilding new tissue.

As healing enters the confused mind the way forward clarifies. It is painful to leave the known behind and step into the unknown. Illumination given to the mind shows dark corners to be faced and purified. Healing the heart causes secret desires to surface and be faced.

This is why the Healing Road is walked alone and with courage. The cut to relegate the past to the past is painful as amends needing to be are made. Rest is necessary in the time of healing because healing is received on a negative ray. Gentleness, kind thoughts and kind words contribute to its efficacy in these circumstances.

What is pain?

Pain is the absence of truth. It is the absence of light. It is withdrawal from the spirit of God. Pain in the body lies deep within, in the dark. It is embedded in damaged tissues that must be fixed so the whole can function in health. Pain in the mind is confusion created by the physical mind directing the individual down a path of selfish desires and pleasure. It veils wisdom from the soul. Elimination of this influence creates a temporary void that is waiting for the entry of spiritual wisdom.

This time of transition is painful and confusing while the mind learns to think more purely and create a more illumined reality. These thoughts do not accommodate the existence of former thoughts and actions so familiar people must leave to allow new people to arrive.

Pain in the emotions creates self-doubt and a lack of confidence as old desires retreat and personal will reaches for

Divine Will. All that brought temporary fulfilment is excised. For a time, the emptiness overwhelms until moderation enters the heart and raises the emotions to the higher octave of real feeling. Healing is life but there is pain in life. Every little change is a rebirth into new thoughts, a stronger body and a more generous heart. Healing needs patience because it takes time. In the time of patience, patience is learnt. Its presence can then by seen by tempestuous people who approach.

Is God not patient, always available and always giving what is needed for each stage of healing? Man is given everything, so he has much to give others. He just has to work for it. The reward of all healing is overarching love that brings compassion and joy. Courage has faced the empty void. The individual has taken a step closer to illumination.

When old love leaves, the heart is broken. In time new love comes and fills the empty space. When circulation is lost, its return causes the vessels to dilate and fill with love and life. The process is agony. When the mind becomes vacant, the return to full and clear comprehension is slow.

The world is faced only a little at a time. Learn to hear the guiding spirit of light. Its voice and directives keep you safe as you negotiate the Healing Path.

We cannot like everyone. We cannot get on with everyone. We are not meant to. Some people we naturally gravitate to and harmony reigns. From others we flee because we are fleeing from dissension. These feelings keep us safe from those who would do us harm.

Those with whom we can be in harmony are drawn into our environment because there is something inside us that attracts them.

Astrologically speaking there are similar configurations between some planets in both charts. A strong aspect

between charts produces a long association. A weaker aspect produces a shorter association.

When people have nothing to draw them together, they have nothing to say to each other and nothing to share.

It is easy to achieve harmonious relationships when we choose them. It is not so easy in family and work situations where we have little choice, so we have to learn to get on with people we would not ordinarily choose to associate with.

This gives us a glimpse of an aspect of our destiny. Some of us are meant to work alone to achieve what we must and some of us are meant to achieve through association with people. It is good to find out how our individual lives work best for us and achieve in that way what we must.

Relationships

In all cultures and societies, it is a balancing act to create harmonious relationships in living and working environments.

Why is this so?

Physical life is dual. This is the foundation upon which everything is built so we need to look at the philosophy of positive and negative that illumines the philosophy of duality in relationships.

Man, views God as both a personal God and an impersonal God — opposite viewpoints. Neither is right nor wrong. Each is a description of a face of God presented so a particular manifestation can be comprehended. This philosophy is reflected in relationships between people. They can be both personal and impersonal, fluctuating between both, even in the one relationship.

With an impersonal relationship we are looking at the position held by two people. In all relationships one is positive, and one is negative for most of the time according to the position held by each. The positive commands respect and the negative gives respect because of the position of the other.

For example:

A parent is positive to the child and the child is negative to the parent. The position of parent dictates the upbringing the child is exposed to and it influences the outcome of the child's life.

The child respects that the parent is the arbiter of his destiny; the person to negotiate him through his childhood so he can develop a mature outlook in adulthood. The child respects the position of the parent and the parent acknowledges his responsibility towards the child. This is an impersonal relationship of position that exists in every culture, race and society all over the world.

In a personal relationship, the parent and the child may or may not live together harmoniously. They may or may not like each other yet the bond of love between a mother and child holds them together. Whether or not it is acknowledged or shown, the bond of love incorporates both the impersonal position of the relationship and the personal relationship between the two.

In some societies, to maintain harmony philosophers created a belief system to differentiate between the personal and impersonal aspects of relationships.

For example:

Confucius acknowledged the King as supreme ruler over China, and he organised society to allow the King to maintain this position of authority. Fathers, mothers, sons, daughters, soldiers, tradesmen, et cetera all held a position in relationship to each other and they were constricted by the boundaries of their position.

Certain roles were allocated to each position and the boundaries were never crossed. Everyone knew their position and maintained it. The result was obedience and harmony. On

a personal level, even when harmony was difficult, the boundaries of the dictated positions remained inviolate.

Today in the Western civilisation there is no construction of rules in relationships. There are no boundaries. Children are not taught their role and place in society. This creates confusion because everyone is vying for an equal position. This is impossible because of the duality of physical life and the existence of a positive and negative aspect to each relationship.

Even in a harmonious relationship one person will have the edge of authority or decision-making over the other. One is happy to be negative to the other's positive and one is happy to be positive to the other's negative. In a harmonious relationship the two roles blend together giving strength to the whole.

Disharmony occurs when there is resentment of the role or position of one person in the relationship. When two people are vying for the positive position, they are not considering that it is an impersonal role that commands respect.

An illustration of respect is the relationship of guru to disciple and Sifu Master to inside student.

The student or disciple hears, acknowledges and accepts every word from the guru, master or Sifu. He does not question what is being said to him. He does not look at whether he believes what he is hearing or not. He accepts what he is given. He knows that he does not have enough knowledge to understand why he is being given what he is being given. He knows that what he is receiving is helping him grow in a particular direction for a particular purpose that he may not yet be aware of. Throughout his life he continues to maintain this position with his guru, master or Sifu as a sign of respect, even should he rise higher.

In return the Sifu, guru or master gifts what is best for the growth of the student or disciple so he may realise his potential and become the greatest he can become.

The Master employs all ways to achieve this result — both the harsh and the loving. He pays no heed to the pleas or cries of the student during his difficulties but continues doing what he needs to do.

The Master respects the position of the student. He sees his own position as one of great responsibility for he has in his care, a person who is seeking to grow in spiritual awareness and goodness; a person who wants to find the path to God.

He maintains this position for life, but he frees the student when the student is ready to negotiate his own path in the direction of his destiny. He may withdraw his contact until it is minimal, but their connection remains strong and powerful throughout the lives of both, never to be forgotten and always treasured.

This is a description of an ideal relationship that embodies the positive and negative approaches in life. On an impersonal level the position each has is maintained. On a personal level, all that grows is love because of the acceptance of each of their positive or negative position.

In the Western culture people do not always understand this philosophy. The child may view the parent as the source of all he wants, not what he needs.

When he does not get his own way his behaviour and words may not illustrate respect for the position his parent holds. The parent may see the child as an encumbrance and give him everything he wants to keep him quiet so the parent can continue his or her own life. In today's culture positive and negative positions in relationships have become blurred so it is difficult to maintain harmonious relationships.

For love to grow and remain, awareness of the positive and negative positions in life are important. Children need to learn

how the universe works physically, emotionally and intellectually. They need to understand the underlying philosophy of the universe that dictates how life upon Earth is lived.

There is a reason. It is survival. The Earth is a harsh place with fluctuating environments, indicating that nothing is in balance. Everything is dual, fluctuating between positive and negative, a challenge to understand when to be which.

In relationships there is a natural dissension. The baby cries because he is hungry. When the baby receives enough food to satisfy his hunger, he is content.

The duality of physical life creates dissension. The ways of the Greater Life create harmony. Love is the currency of the Greater Life. When it is drawn into the Earth and into a relationship, positions become clear and unimportant. The well-being of the other person takes ascendancy.

The minds of all people are different, and they function according to the individual's view of the world. Accommodating the positive and negative positions and reaching out to minds that may be working at different speeds is a challenge.

I love the personal relationships in my life, but none fulfil me as much as the impersonal relationships of the unseen worlds. I am happiest when I return home to what permeates the walls and air of my own environment. It occasionally worries me that I am happiest in my sanctuary, but this concern recedes as soon as I write what I am given.

River of God

I am like a log floating on the River of God. There is no time. There is no destination. There are no expectations. My eyes and heart are open to whatever is available for me to experience and experience I must.

What is inside me? What aspects of God can I awaken, for most of me has been asleep for a long time?

The Greater Mind is God, and that is knowledge. The Greater Love is God, and that is joy. The Greater Life is God, and that is awareness and experience.

Like a log, when floating down the River of God, whatever I see and feel is already awake within me, on the springboard of use — ready to be lived — pervading the inner and outer worlds of my experience.

What is most apparent is the quiet calm that remains as I shoot the rapids of discovery and float the lake of absorption. I blossom. With the blossoming I achieve because achievement is natural.

What do I achieve?

You achieve an ability to discover and absorb more — a never-ending unveiling of infinity. From infinity you come. In infinity you live. Through infinity you travel. Upon Earth you capture a moment. This fleeting experience consolidates your need to ride the River of God.

At times I experience what my mind dictates but when I follow the River of God on Earth, my eyes and heart make better use of time.

Find your spirit within and know God.

Meditation can be what we need it to be. It can be a special time set aside in a special place or a state of mind as we go about our ordinary day. It can but does not have to have a special purpose. All states of meditation teach us something.

Meditation

In Western Civilisation we are not exposed to meditation like the people of Eastern countries. We are taught to pray with set prayers.

Eastern meditation experiences more of God through an inner state of bliss. Western prayer is taught as an experience of love and devotion to God.

Gurus in the East guide their disciples by teaching them spiritual philosophy so their hearts can open, and they can learn how to live. Priests and ministers in Western religions teach doctrine so students can become more religiously aware.

As East and West merge in this Age of Universal Man, we can take the spirituality of the East and apply it to Western life. Not schooled in Eastern philosophy we have to learn how to differentiate between a personal and impersonal God.

A personal God is an application of a personal relationship we can understand. There is God and there is us. An impersonal God is deity within and without — the Divine in everything and everyone. In loving self, we love God. In loving everything and everyone we love God. We consider God to be everywhere, in every thought, in every word and in every action.

The desire for enlightenment draws a teacher who can show how to open the doors of the mind and heart a face of the One God can become apparent. The spirit and soul have their own role in the journey to God. To the spirit and soul meditation is discourse with God, needing no idols or devotional practices.

The manifest One God is in creation and is recognised through our senses. He is in nature. He is in different relationships. The unmanifest God is an ineffable essence of life. In both a personal and impersonal God, with the growth of our love and understanding one by one veils are removed from

our eyes. With each unveiling, more truth is revealed and so we move forward.

Along the way, we are shown the lack of need to judge. Along the way we are shown qualities of discernment and love. We are shown the upheaval of the soul as it violently surges forward towards its destiny. Everything is available to learn but we learn only as much as our hearts tell us we can manage.

We have a history and that implies karmic dues to be played out. Knowledge is gained through suffering. When it can be utilised by following generations karmic dues become heroic. What we learn helps us move forward. Sometimes with what we learn we can take others with us because the path out of ignorance paints the picture of what happens in life to all people.

Unveil truth.
Yearn for a teacher.
Receive inner teachings.
Use observation to find the way.
Recognise truth as it presents.
Incorporate what is learnt into daily life.

Moving Meditation

Seek knowledge of life and I will come to fill the cup you have prepared for me. Let it first be the cup of your mind, then the cup of your heart and finally the cup of your soul. As each cup fills it will expand to hold more.

Accommodate more of me and you accommodate a more refined energy. A downward current of energy brings you to Earth. Your spiritual awakening reverses this direction to an upward flow.

When you need to talk, we converse.

When you need to feel, we blend. When you need to learn, we discuss.

The greater worlds of love and wisdom are open to you.

We are your friends, your confidants and your mentors. We send you what you need through the one you need in any given moment, but everything and everyone comes from here.

In the silence of your life, we accompany you. Let us smile at the end of each day when you can tell us what you thought you needed, what you actually received and how it changed you. When you feel the light emptying from your body you will leave its confines, travelling on the ray that brought you to this place. Fully aware, in an instant you will be where you are meant to be, us awaiting your arrival.

Why Meditate?

The Seeker reaches into the Greater Life to draw its wisdom into the physical world to be lived. He is not seeking to escape physical life. He wants to understand it. A greater philosophy gives it more meaning.

The Greater Life is a greater reality of God — absolute truth. Within it, the real self that is more than a named identity, can be accessed.

Meditation is one way. This is true meditation. It gives the Seeker wider and greater perceptions that remain with him when his attention returns to physical life. It also draws a light into the physical world that attracts people to it because it lights a path to God.

Who is the real self?

As the sun is to the moon the real self is to the named self. The real self-pours into the named self like water from a jug until the heart becomes filled. No room is left for mundane thoughts, so the threshold remains open to the path of truth.

The named self is physical. It is looking for some resolve for its doubts and worries. It is looking for answers to a poor self-image and concern about how others view it. It is looking to calm the nervous system through relaxation, so it creates a ceiling to truth.

This generates a lighter meditation. The real self has a limited relationship with the named self. The real self is moving, alive and joyous because it knows it is part of all there is, and it lives this. Its expansive outlook can adjust perceptions of the named self so the named self's view of life and how to live it adjust.

Meditation goes through the gateway to the Greater Life which illumines how the real self-lives. Its body is not physical so is more alive. It cannot and will not die.

When the inconstant body has run its course, the real self has no choice but to move on and inhabit a different world where it wears different apparel. It weaves this apparel in its present place, which today is Earth. Better to weave it with compassion and caring so they can escort the real self to places where these qualities are in abundance.

Meditation contributes to a successful life. It is a tool the real self uses to weave wisely. Meditation teaches of the qualities of the Greater Life that can continue to the next destination. There the experience of meditation continues so an even better cloth for the apparel of another future destination can be weaved.

Let each destination encourage a greater awareness of the One God.

When simplicity in life flees — meditate. When doubts about self-surface — meditate. In the Greater Life and the real self, doubts do not exist. They belong to Earth where they are conjured up by the named self. They are physical thoughts that are inconstant and unreal.

The real self is a perpetual and spirited life. It knows who it is, what it wants and where it is going. It comprehends wisdom. Through meditation, even if only for a few minutes at a time, the real self and its objective, that is the One God, can surface.

I Need the One God

I can only live this life with God.
I can have fun.
I can run here, there and everywhere,
but my heart tells me this is not purposeful.
My soul tells me this is not enough.
God may be my voice of intuition.
God may be something else.
I need this something else.
When I feel his presence, I am happy.
When I am denied his presence, I yearn.
My struggle produces the deepest search for truth.
Through what I am denied his presence is invoked.

I cannot have everything.
I have to know what I need.
I search every avenue until it is revealed.
I need the presence of God.
I need a physical life that reflects this presence.

Worthwhile Objectives

The sand in the timer is falling. Through the mists I draw your soul towards me. Come to me. The path lies between the mountains of self, ego and will.

The spirit within you is your life of God. Your objective to know your spirit is achieved through your soul. You have to work hard to experience its ways.

Courage, determination, focus and perseverance are needed so not many can accompany you along the way. When the goals of others are physical in nature, they are incompatible with you. The company of these people can destroy your belief in yourself and your need to achieve your objective.

Choose wisely the people with whom you interact. Know only those whose souls have the same objective as yours because all others force you to be in accord with their objectives. Two different objectives produce different lives. It is easy to let your own slip away and spend your time swinging from one activity to another and from one way of thinking to another.

Hold true to your course. Disallow any interference from another person. Banish any thoughts of hesitancy and doubt should they arise. No person is worth more than your desire to know more of the One God and the ongoing life of eternity you are part of. This is real learning and it takes time and dedication.

People who connect to you through their souls help you cultivate your objective because it harmonises with their own. They are the only worthwhile people in your life. All others are bringing highly charged emotions so they should pass through without impacting upon your soul. Move beyond emotions by nurturing feelings that correspond to the character of goodness reflected in your soul from your spirit.

Nurture your soul and spirit life and you are nurturing your relationship with God. All your needs can then be met with the asking. Ask for what will advance a worthwhile purpose and it will be given, so much so that you take care with the asking.

Everything you need in life is for you once you begin this journey. Peace and joy is yours, whether you have everything or nothing. Your objective paints the day that draws you on.

When you learn more about your real self you come to know one human being. Once you know one, you know all.

This Day

This day, a divine gift, is mine to live as I will.
How does it come to be what it is?

Before the dawning I dreamt my day.
Before my dreaming I thought my day.

Today I live my day.
Did my thoughts, my dreaming and my day blend?

My thoughts and my dreaming became physical life because my soul knows my thoughts.
Construction arises from them, so my day is familiar.

I am alone with compatible vibrations.
In company incompatible vibrations circle my heart.

This day welcomes resolution so it can embrace the Divine.

Sea of God

From the mists of time, I came.
Riding on the wind I am carried by the Breath of God.
All I find and see is reflected by my heart that beats for God whose breath is my life.
Stepping onto a rainbow I slide to my place,
the Breath remaining with me, nurturing me.
I could be anywhere, but I am here.
A small corner is my delight,
a place where the breath I have been given can alight.

I give it to the trees. I give it to the plants. I give it to the flowers.

I am intent on intention,

not wanting to do the smallest act without knowing its purpose.

I have been given this place to be for a while,

So, I surrender myself to intention and purpose.

My heart joins with nature to keep her calm.

My breath joins with plants to aid their growth.

My mind joins with an unlimited reservoir of knowledge to bind with wisdom.

My love joins with my fellow wanderers to promote light.

All that I am blends with the Sea of God.

The Goal is God

I have known people who have died, at a young age, in their middle years and in old age. I know their presence contributed to the goodness on the Earth and I feel blest that I knew them.

Still I walk this Earth and I am grateful to have my presence acknowledged by so many smiling faces. They are my social life and I do not need more. Those who cannot smile at my presence no longer approach me, so I am freed from their focus in life.

At a young age the focus in life is established then strengthened through habit. It is possible to focus on more than what the eyes see but it is difficult to change old habits even though change is a part of physical life.

There is no permanency in physical life, so the wheel is symbolic of life upon Earth. It symbolises perennial change as seen in the seasons of each year.

People want to find themselves they do not know where to look for answers. They have heard of meditation and they try it. Their minds race. Their thoughts are jumbled.

They cannot be still. They use meditation to ask for the riches of the Earth and freedom from their worries. They use it to calm their nervous systems, relax and promote better health. They use it to allay their fears of death, illness and old age.

They adopt skills to help them achieve all these concerns. Sometimes these new skills serve their purpose as they try to understand more about life.

For the amount of people upon Earth that is the amount of searching and there is a road that accommodates each in the quest for improvement. At some stage people ask themselves whether there is more to life than what they can apprehend. They wonder whether there is a higher purpose for being upon Earth. They seek God and eternal love. They ask many questions. All is answered — in due season when the time is right for the best reception of the answer given.

Innately the souls of all people are seeking to promote goodness and discard evil within. This difficult road is highlighted with a desire for God who is available for all who seek him. He sends a part of himself to match the goodness in each soul when it is requested.

A mixture of good and evil makes up each human being to a greater or lesser degree. This is the beginning of the individual's journey. The grand finale is the embrace of God. The path from the beginning to the grand finale varies to accommodate the many. There is no one way. The path adopted by each person matches the desire of each heart.

The first step for everyone is the step from the known to the unknown. After this step there are many changes of direction.

When the goal is the Divine and the focus is constant there is an arrival at some place, in some time, in some form. In

reality it is a doorway through which the soul goes, signalling the beginning of a new and true journey.

Every heart on Earth can rest in the knowledge that this particular journey is to be made at some place in some time. Whether it is begun in this life or in a later place and time does not matter because the life being lived now by each person is the life his soul wants.

Even when life is difficult the soul knows what it needs because that need has brought it to Earth, the place where the battle between good and evil first transpired and does so again beginning with the first breath taken. When physical life is the only focus, it is an extreme focus. It denies the presence of a greater beyond because it has no interest in it. It has no time for it. It does not wish to explore this avenue. It has no intention of stepping onto this pathway.

At the other end of the spectrum the only focus is to know God and Divine Love. This is a natural outpouring of the soul once it gains the skill of non-attachment to physical life, often achieved through constant, deep meditation. When the soul loses all attachment to the named self, it has a deep desire for truth and greater learning. It wishes only to serve humanity through the will of God.

This also is an extreme life upon Earth. Both extremes are normal for the souls who live them but there are many who live in between these two extremes. Many wish to change their focus from a totally physical life to include something more.

They investigate religions, finding comfort and fellowship in them. They examine cults or groups. Some travel alone. They find their way by themselves. They look for inspiration from others or find their own inspiration within. People are testing many avenues so they can become better and grow in goodness.

No matter what they do the goal is the same for all. They all want to find and incorporate a greater purpose for being here.

They all want to discover the meaning of life and death. They want to know what the soul is and what a continuing life is like. They may understand that life must continue beyond the grave, but they do not have any perception of what it is or where it is lived.

Truth accommodates these goals for all people. When the heart yearns for truth it is presented through an experience or another person.

Inspiration for goodness is always available to the seeking heart, its aim to promote courage, strength, self-confidence and continued striving. Inspiration is part of this journey and is felt as a lightness on the shoulders, a skip in the step, a tiny smile and an increase in the ability to relax and be content.

Teachings indicate the small steps that lead to moderation and temperance, that middle point between the two extremes. They have to accommodate many hearts and minds so that for a short time physical life can be lived fully with an attitude of spiritual awareness.

In all paths to God life is lived with integrity. What needs to be done along the way without causing harm to another, is done.

These paths to God include only an increase in love. The Masters know that love is the coin of the Treasury of the universe, the coin of great value. Within its great expanse lie all the virtues of the human spirit. They make this journey towards God possible.

It is not easy to reach God, but this goal is magnificent and is worthwhile. The way is paved with joy and there are no hurdles or difficulties that make it worth abandoning. Joy is absorbed along the way to become a heart-warming attitude in spite of difficulties, hardships, failures and successes. It is joy that makes it possible to approach life's exigencies in an even manner.

The path to God is a reversal of the physical path. As the doors in the mind open, the light of love's increase shines through every cell creating a luminescence as the spirit within is fed and able to radiate. It reaches outwards to embrace physical life and it reaches upwards towards the other side of the door called death, that door to a life where more of what the spirit is can radiate and join with the spiritual family that awaits its homecoming.

Continue to try. Continue to smile at failures along the way. Continue to take advantage of the many choices and approaches to achieving the goal of your heart. With determined effort your goal is achievable. We stand here in joy when each goal of each heart is achieved.

Part Four: Prayers

Introduction

The concept of God promotes awe and wonder. We attribute to him all cycles of life, the mechanism of our bodies, nature and our planet whirling at speed through our galaxy. The list goes on.

Who is the architect of all this wonder? We cannot create any of it. We can only discover what already exists and ask how it works.

The word we use to describe this great architect is God. Unable to define or assign any qualities to God we can only state that he exists. I use the masculine he because it denotes the yang side of life — active, outgoing and creative.

God created life so he created us. Unable to know or understand him, we worship him instead. How can we not worship the power that produces a mighty oak tree from one little acorn? This magnificent achievement that belongs to this finite world is probably tiny compared with what exists in infinity.

Infinity we do not understand and while we are here we never will. We know infinity exists because we know there is no end to space. That our minds can accept. How can we not worship what produces infinity?

Because of all this and much more we worship and pray to God. Doing so gives us a relationship with him — created and creator. Doing so gives us a position in the scheme of life and all its parts. We feel we belong to some great magnificence, so we are not alone. We pray. We worship. We meditate. All the while we seek to discover more about that great mystery called life.

We want to discover more because as we do so feelings within us rise to make us feel more secure. We use the

language of life, his language, and we call it love. We use the language of our minds, his language we call wisdom.

For each person upon Earth there is an individual mind and each views God in a unique way. We view him as a personal God. We view him as an impersonal God. We see him as a force behind nature.

We know him as the creator of all worlds. We place him with the Greater Beyond — the Greater Life. We see him in heaven. We see him shining through a prophet or great and wise person. Most of all we see the One God in each of us.

Young Master

We look to you with wonder and excitement — wonder because we marvel at all you have created, and excitement because our spirits are quickened on this new and stimulating journey of spiritual growth that we have begun.

It has led us into the guiding arms of great spiritual teachers who are taking us to places beyond our dreams. We are young on this path and so much is opening for us that our spirits are quickened, and our souls are eager.

We have been through the downward spiral that our separation from your ways produced and now we seek spiritual unity with you. We have turned the corner. We have started the upward spiral of a journey that has spiritual expansion as its goal. We have begun our journey home.

With excitement we look forward to the way our lives will open under the guiding light of the spiritual teachers. They have come this way before us. Because our spirits have quickened, we can recognise their light. Knowledge of life is ours to discover because our ears hear, and our eyes see the beauty that is life.

We give prayers of thanks for the wonder of what is before us, just as we did when we lived in spiritual splendour. We seek to reconcile our memories of this time with the present

and put behind us forever the downward spiral we took while living only for what the Earth offered us. Now we want to remember the ways of the spirit that reflect to the Earth.

We welcome this greater light. We revere the source of this light and we thank the great messengers of truth who bring it to us.

We recognise that this path has significant trials, but we welcome them because they promote opportunities for further spiritual expansion. We ask that we continue to receive courage, guidance and strength.

May we always be proud of who we are as we do our best to be the greatest we can be. We are significant in life and need never hide who we are. We all have the right to be here where we can progress in your light in our own way, all working to share in a future of great love that lies just beyond this path of the Young Master.

Purpose of Life

Our understanding of your infinite ways can only come in time and we have time. What we are able to understand arrives in our hearts more easily in times of relaxation, joy and happiness. These qualities are disciplines we can practise so that we can maintain them during difficult times. With patience and strength of purpose we can learn. We are here because we need to learn all things applicable to humanity.

The laws of the universe emanate from your will and when we look to the Earth and the skies we marvel at your creative powers. When we look at the history of the Earth, we understand why we are like we are and what we need to do to build a new direction in our future.

We are temporary residents because we come from a place far from Earth that promotes our spiritual purpose. Humility, strength, patience and love are the tools we need to achieve this purpose.

May we learn to love as you love. Yours is a love that continues regardless of the error of our ways. Yours is a love that judges no man or woman. Yours is a love that teaches us how to love because love attracts love. Your love is a light and we are drawn towards it like a moth to a flame.

The Master taught: *"When two or more people are gathered in my name there am I in the midst of them."*

There are many things for us to do. There are many hurdles and obstacles to overcome. Once we discover our purpose in life, we discover strength within that can help us achieve our purpose. Hurdles and obstacles then become stepping stones. We shall be fulfilled by achieving our purpose in life — to follow your Divine Will and be joyful along the way.

Mental Discipline

We seek for our spirit lights to shine upon Earth, so we are prepared to undertake the disciplines necessary for us to achieve this task. With your help we shall discipline our minds so this can become so.

We are often misguided in our thinking because we use our intellect so readily. The path to you is simple, clear and straight but our material life distracts us.

Many upon Earth have forgotten about the power of thought. They have forgotten to love others as they love themselves. They have forgotten the meaning of the words from the bible,

Render to Caesar what is Caesar's and to God what is God's.

Let us train our minds to accept only tranquil and peaceful thoughts. May each day be a new dawning for our minds, so they only accept thoughts that promote spiritual qualities of life that take us to you.

Spiritual Goals

Through you, from places beyond time, we seek to expand our consciousness beyond Earth. We can reach further afield with confidence, because you have provided us with teachers and guidance. They help us grasp how life is more than what we know upon Earth.

We want to link with those who have the common goal of receiving teachings of the Greater Life that are more subtle than they appear at first sight. We want to embrace all the experiences these teachings bring us in your name. We strive in sincerity which is why we have patience.

We understand that our first spiritual contact is close to the Earth. Already we have rejected such communication. We are striving to attract teachers from a higher source, beyond this physical life — teachers who belong to the infinite spheres of the infinite realms of the Holy Spirit. We seek to develop so we may receive teachings from these teachers who teach beyond personality.

May we achieve eternal patience because we have many roads to travel to reach our spiritual home. We ask you to illumine the way then we can clarify our immediate physical goals that relate to our lives beyond the Earth. Further goals can then become clearer.

Mediumship

Our goal is to serve a greater cause. For this we need to hear teachings of truth. We can find peace in the Wisdom of the Ages that can help us unite with your will.

We have travelled this road before. We have learnt of your will before. As we learn more, we wish to share what we receive with others. Your wisdom must have this end in mind otherwise knowledge received would be for nothing. Your love blooms in our hearts with contact from your caring, spiritual servants.

We ask to be their worthy students. With their guidance we can serve you better.

Our souls welcome the words we can share with others who wish to accompany us for part of our journey. We will find our strength so that material life does not negate the quickening of our spirits.

Already we have placed one foot onto the Path of the Masters. Their voices are the only voices we wish to hear as we open our hearts to receive their loving guidance.

We will continually practise the disciplines of this path, namely compassion, care, integrity and truth, reflecting your wisdom in all our thoughts and actions. In this way we also can become teachers of your way and an example to others.

Spiritual Progression of Man

You gave us life. Only through you can we discover the meaning of our lives. We cannot realise the fullness of the Greater Beyond while we are upon Earth but through your direction, we can begin our learning without fear.

Men and women upon Earth who cannot relate to your omnipotence have fear in their hearts — fear of death and fear of the unknown because they hear explanations from others who are filled with fear.

When we leave the Earth, we will be welcomed by our spiritual family and we will be shown the result of our efforts during our physical lives. These are the steps we have taken to begin our return to a place of greater wisdom.

Although our memories of greater knowledge and wisdom are hidden in our souls, we are working for them to be revealed to our physical minds. Teach us of all things that belong to the essence of the spirit — the one spirit that continues beyond the passing from physical life. Teach us to understand why we are here. Teach us how to draw to ourselves all experiences that will show us how to be pure and peaceful.

Spirit Life

You are life eternal. You are goodness and beauty. You are the love that gives us the courage to live this physical life while becoming aware of the Greater Beyond. You are the embodiment of all knowledge and the wisdom from which we must glean knowledge. We do this wherever we can — from ways of darkness and ways of light.

There are souls upon the Earth who embrace the light of apparent knowledge and others who embrace the deep that is illumined darkness. We ask that you show us how to choose our direction wisely.

We do not want to be protected from knowledge of good and evil because knowledge is one of your great gifts to us. As a beacon that shows our direction it gives us the ability to choose. We are working towards certainty so we can decide everything wisely. May our decisions be according to our inner voice and not according to social expectations. In these materialistic times we safeguard this inner voice of intuition because it is our greatest treasure.

We are attracted to those who seek the light and withdraw from others. Your direction, wisdom and guidance, enables us to put to good use everything we learn. The result is a rewarding journey while we continue to grow in your eternal light.

Unseen Pathway

The winds of change are sweeping across the nations of the Earth, bringing opportunities to respond to your call to open the portals of our souls and allow your love to flow into our open hearts. With such a call comes an unseen pathway which teaches of character that lifts the soul of man. Its light guides us to recognition of truth.

We pray that we continue to be worthy of the opportunities truth presents, on a path that has been laid for us by great and holy masters.

Ladder of Spiritual Growth

We acknowledge you as the greatest power possible. Our desire to live well encourages us to put aside our troubles and live every moment of every day attuned to your love. Down through the Ages of Time you have sent us messengers to show us how to progress in this way. With sincerity we practise the disciplines they have laid for us.

We are laying a foundation now as we take the opportunity to grow in a way we have not done for a long time.

As we slowly and carefully climb every rung of the ladder we shall continue to look in your direction that ensures our spiritual progress. We seek for your will to become our will. We ask the messengers to teach us the ways of love, understanding, compassion and forgiveness because we want to remember the beauty of a completely spiritual life. Our prayers are prayers of thanks for being shown the way home. We have been shown the humility we need to travel this way.

Humility is the first lesson for all who walk the Path of the Masters.

Our Direction

Our lives are ours to live but we wish them to be worthy of you. When we align ourselves with you, we do not allow others, either upon Earth or in spirit, to dictate our direction. We learn our weaknesses so we may turn them into strengths.

In this way we can become masters of our own destiny. We can and will seek our own direction as we walk on the Path of the Masters.

Spiritual Pathway

I sense your presence through those who have served you since the beginning of time — since the beginning of the universe. There have been many changes and cycles for man but the cycles of change on Earth remain limited in their variation. We need their repetition because we are slow to learn. Only in the infinite worlds of our spirit and soul are there timeless and infinite variations of change.

At this time, we are living a mortal life on Earth, so we have to discover the innate insight of our souls. We ask for your blessing so we may be successful in this endeavour and rise above and beyond the influence of material life.

Your vibration brings happiness on our road of development. Our sincere hearts become filled with your joy when a beautiful spirit presents. We praise your majesty and the magnificence of your apparent works.

We would like to maintain contact with your vibration forever. It binds to our hearts with happiness, beauty and love and allows our souls to hear the wisdom of our spirits. This is our most beautiful part. This is *the I Am that I Am* that originates with you.

We put aside the trials of the material world so we can say:

We love you with all our hearts and souls. We want to be with you at all times.

Live in this World

You are beyond the horizon of our lives, yet we are aware of you. You fill our whole being and we feel the warmth your love brings. We are privileged to walk the path of the spirit. We are privileged to be aware of a life far greater than this one Earth life. We shall never take this for granted.

We are not here by chance. We shall build on this one life so that in times to come we have a strong foundation upon which we may build further.

It is hard for us to comprehend what the spirit of life means but we learn better when we enter into the silence. Here we can find tranquillity that responds to love, just as we did in ancient times.

Give us the strength to see the ways of the world in their true perspective. Give us the courage to find what is important in life.

Give us the wisdom to see this world through eyes that comprehend life beyond its limited horizon. May we live in this world yet be not of it.

Winds of Change

With the rising of the morning star the dew comes to Earth and brings a freshness that awakens all from sleep. This freshness carried on the winds of change brings a new dawning. We hear the call of these winds that herald appointments to be met. We prepare for these appointments even when life is arduous and filled with trauma.

To find the courage to follow the path a Master has laid we must understand how his mind works. His mind is filled with the greatness of the infinite spirit of the creator, so he does not question his path of life upon Earth. He is aware of its temporary nature.

The Master is in physical life but is not focused on it. His heart remains with his Creator even while he engages in his physical life. He can use every part of his mind at the same time because he knows truth and lives it.

He does not question the twists and turns in life because he does not expect someone to make life easy for him. Because his mind is filled with the love of the Great Spirit he is tested on a spiritual level through his mind.

Our minds have to be revived so we may receive the living energy and the living truth from the spirit of life. Our brains have been starved of the food of higher thought for a long time,

so the corridors of learning have closed. Once we feed our minds with higher thoughts, as do the Masters, they will reopen once again.

The living energy of the living truth takes us out of darkness. We can then see the expanding truth coming to this world.

Our names have been called. They travel on the winds of change. Each call comes but once. We need to hear what the winds bring us as they travel across the Earth. We need to respond and rebuild ourselves according to the living truth as it comes our way.

Recall

I ask that the doves of peace and tranquillity fill my soul so it may soar. In this soaring I may hear the word of the Holy Spirit. Through this word of light, I may feel its presence that fills all who respond to its outpourings. They bring recall and remembrance.

Lights can flare to great flames again.

Task in Hand

We are part of the stream of spirit life and you are our mainstay. Physical life can be difficult, and our opinions and judgements do not always reflect our reality. We need wisdom to see ourselves in perspective — as we really are. Self-discovery is not easy, but we are determined to develop and release the wisdom of our spirits within.

Wide are your arms. Loving is your heart. Vast is your wisdom. Enveloping is your presence — visually manifest through your ever-watchful eye. When we close our eyes to reach into the Greater World we can see the eye single. We know we are seeing a symbol of the source of all life — you.

We can discover our countenance in this life, but this discovery depends upon our efforts. We shall put aside the physical mind and allow our spiritual minds to manifest the Greater World. We shall serve you, not in the way we sometimes predestine our service to be, but according to the goodness of our hearts.

We shall grow through the directives given us by your teachers in spirit. We shall be strong in the years ahead for we are laying a foundation in preparation for what is to come. We are in your hands. Humility is our goal. All people with all their errors and beauty deserve our respect because we are travelling the same road, only at different times. We have all forgone the world of spirit to be here.

We shall learn as others have learnt. We shall promote harmony between all the people of our acquaintance as we all learn to apply spiritual attributes to the world of Earth. When we see this goal mirrored in the eyes of others we are encouraged.

Meditation

You are our all. We love you with all our hearts and souls — every minute of every day. Our lives can become a prayer to you — a continual meditation — a continual reflection of spiritual verities through living in the moment joyfully.

We can make you the centre of our lives — our spiritual goal, so that on the passing we reach the spiritual planes of life. We are proving ourselves worthy of these places by our actions now.

In the silence we meditate. In the silence we learn to be who we really are. The world is noisy and filled with inconsequential chatter. It is difficult to find alone moments that can rebuild our defences against the frivolous. We are tested in our ability to do this. We ask for the virtue of constancy.

We are of You

Before time was, you were there. Before the firmament was cast over and the universes were born, you were there. Before the stars appeared in the sky, you were there. Before this world was painted with the colours and hues of the rainbow, you were there.

You are the embodiment of all that is. Although our spirits are a part of you, you are more than we can understand. To us you are love and our souls seek to be in your image.

Our journey through time is as an individual until our souls reunite with you as is written. Life is a concept beyond our comprehension because it has so many nuances. All we know is that a relationship with you is central to life. We are of you and you are in us. Words cannot tell what this means to us because the Greater World is a world beyond our dreams.

We seek to instruct our souls. There are moments upon Earth when we are given visions of a life that defies description and, in these moments, we are enthralled. Our enlightenment makes us more determined to discover more of your ways.

We send you all that is in our hearts as we empty the vessel of self and fill the emptiness with eternal remembrance. As we reach for what was once our reality, we ask that we are led to the realms to which we belong.

Opportunities

The ways of the spirit have been submerged and the mind of the material life has taken control. Our souls have come to a point where they choose to find a way with others who seek spiritual truth.

When truth presents it ask us to change so we can accommodate it. It asks us to reach for what it offers and discard the dross. This way of life can only be understood when we embrace change, but many choose to remain ignorant of spiritual ways.

When the soul is informed it yearns to fulfil a worthwhile destiny in society. It prays for opportunities to present to a world the hope, comfort and guidance that so many need.

With worthy goals a teacher presents. A threshold to a new dawning becomes apparent and the known life is over. A new journey commences bringing new ways and new people.

Courage is required because all is unknown. Only one step presents, all that is to follow remaining in the shadows.

We thank you for the opportunities to grow in the direction of our choice.

Reality of Mortal Life

The ways of mortal life are uncertain. Vision is finite and limited in range. Understanding is partial. A sense of direction is frail.

Over long periods of time the inner voice has become inhibited — not easily heard. All this can be attributed to a materialistic life.

You are the source of who we are, and our instincts tell us that physical life is not our total reality. We do not know where these instincts lead us, but we cannot help but trust them. We must build a material life, but we can still work to gain the treasures of the spirit. We will then know that our lives have been worthwhile.

Early in our lives we know there is more to life than what is experienced through our physical senses. This knowing, easily lost along the way, is what we need to expand so that mortal life does hold us to the Earth for too long.

Travelling Love

Great Spirit, thank you for the blessings we receive each day — our ability to see and feel the sun shining, the beauty that is apparent all around, the sounds of nature and most of all, our ability to love.

Love travels freely between those who are upon Earth and those who have passed to the Greater Life. Through it we are all united — one family.

We send our love on wings so that even in times of separation we can all remain connected. We continue to do what we need to do so that in our small corner of the Earth we reflect light in a darkened world.

Our goal is to acknowledge our acceptance of you, so others also include you on their path.

Learning Anew

Before entering the Earth, I stand before the Council to receive their blessing. I have trained in the spiritual world for what I shall do upon Earth and I ask for strength to follow through.

It is not always easy to put things in place so I ask for the strength to realise my goal so that a greater work can follow in another time.

When I hear the call to initiate my goal the Members of the Council will present themselves. I pray I hear this call and I pray that they come.

I shall hold out for truth because truth is my goal and my purpose.

Purpose

We are here to learn and grow. Please give us the courage to do this in the face of adversity.

We have material goals, but alongside our work to achieve them we want to work to bring our spiritual goals to fruition.

Please may we continue to live for a greater purpose while not diminishing our material purpose?

Reverence

We have reverence for life. We have reverence for our ability to have dreams and turn them into goals. We have reverence for our ability to work and achieve our goals and so we have reverence for the source of all that is — You — the architect of our lives.

Times We Live In

The Western Civilisation is advancing, and we must take advantage of this time of small changes. Through learning we can light the way for others, so none are left struggling alone in darkness. Hope in this time of small changes is alive.

May all, no matter their circumstances, believe in Hope as she moves with the winds that blow across the face of the Earth and settles on all who reach for her insights.

Free Will

We all determine the nature of our lives. We are living upon Earth because of our free will. We are accompanied by those who wish to help us because of their free will.

We look to you for truth because our free will allows us to do so. Although ego and self can enter our thinking patterns and colour our view of truth, we do everything we can to ensure this is not so.

We ask for humility because we know it to be a fundamental understanding that we must grasp.

We recognise that responsibility goes hand-in-hand with humility, so we seek to strengthen our comprehension.

Truth travels a pure channel with humility towards us as we mediate between two worlds. We ask for a strengthened resolve so we can achieve the best we are capable of and in doing so, worship the Great Spirit.

Parables

In truth I worship the Great Spirit.

Truth is brought to the Earth and revealed in many ways so we may receive as much as we are ready to receive. Parables teach on many levels. They are given to the nations of the Earth and are handed down from generation to generation.

Sometimes the multiple meanings of parables are lost but with the ear of spirit we can discover their meaning.

Eye has not seen, nor ear heard what can take place upon Earth. As sincere Seekers of Truth we will be at the appointed place at the appointed hour to see the magnificence. In one more way we shall be shown truth. Our souls shall quicken our spirits and our lives shall worship the Great Spirit.

Universe of Life

I look at the night sky and see your signposts of light put in place to show us the way.

I see the moon's glowing light, so we are not lost in the dark.

I feel the warmth of the sun's life-giving rays and admire the rainbow it paints.

I feel the rain on my skin and the carpet of grass beneath my feet.

I give humble thanks for all you have provided for my welfare.

May I always take care of all these things.

In this may my life be a continuous prayer.

Reflection

In silence I worship the Great Spirit.

In silence I give my message to your quiet heart that yearns for peace.

In the silence of your heart I speak to you of life eternal.

In silence I speak to your mind and soothe your troubled thoughts.

Still your heart.

Quieten your mind.

Know you are loved.

Find love within the silence of your heart.

Find peace in the silence of your mind.

Grow in the splendour of stature.

Become magnificent in recognition of the glory of your spirit. Through love grow beautiful and your life will worship the Great Spirit.

Lord of the Earth

I travel the desert. I climb the mountains. I cross the seas. I scan the skies and I live in all weathers. In all these situations, I admire your work, O Lord of the Earth. You ensure that all is as it should be, so every day becomes night and every night becomes day. The seasons change as they have always changed, and I know what to expect.

There are many like me on the lands and seas of Earth. Although we are different colours and live in the world differently, we are the same. You have ensured that our archetype continues, and I revere your work.

The sun, the rain, the air, the rocks and the plants of this world give me all I need so my life can continue, and I revere your work. Ancestors have worshipped all these things you have provided. They have worshipped you.

Along this way I will revere and treasure all the works of life that you ensure are as they should be. I will serve your cause of life and in this I have purpose.

I am looking further afield and ask that you show me the way towards the citadel of life where I may worship the Creator of all that is. O Lord of the Earth, you are so much more than

me — like a god. Teach me, please, how to pray to the Creator of all that is.

Thank You

How can we pray to a Being so far beyond our understanding — one who gave us life? When we think of the Creator as a parent, he is the Father. We can then find the words because we understand the concept of Father, even though the one who gave us life is greater than Father.

We use our words so we can show gratitude to the Father for all that we see, taste, smell and touch. Thank you, Father, for all that we have in this world. We pray that we are worthy of greater things to come, and for this we will work. We will work for ourselves and all people, for they are our brothers and sisters.

No matter in what ways we worship, we all pray for forgiveness for any wrongdoing and we all pray for enlightenment on future journeys that we will make.

Thank you, Father for my brothers and sisters. When I look at them, I see myself in them. I see you in them and we are all one.

My Goal

Great Spirit you are everything to me. You are my goal. You are my life. You are my focus in this world and although it is hard to maintain this focus, with the help of enlightened ones who come to assist, I shall achieve.

The world does not hold me. There is nothing here that sparks my interest except that it is a place where I may achieve a greater oneness with you through the difficulties I must face.

It is a place where I may lift the veils from my soul so the beauty of the spirit that is you within me may be revealed. Then I may follow its ways. Then I may enhance life in the physical world with its illumination.

I cannot do this alone. I need the teachers. I need their love and guidance. I need the way to be shown to me. I will always follow the path I know to be true because it is a way that allows me to hone my focus.

Service

We shall continue to work together for the rest of our lives — the spirit worlds and us. They send us their greater awareness of your love and we put it into everything we do upon Earth. We have physical goals to achieve and we ensure they mirror our spiritual goals. This is the time for shared tasks in your service. May our lives be filled with purpose and allow us to feel united to you forever.

Part Five: Into the Wind

Introduction

All my life I have looked for truth.
All my life I have welcomed it.
Strength has stood at my side so I could face it.
Compassion has entered Strength's vacated place.
I am forever thankful.

Truth has many faces in our quest to understand life, mind, space, time and the way we experience the world. Philosophy seeks truth through hypotheses. Science and theoretical physics seek truth through theories. Both set out to prove their hypotheses and theories.

Religion and spiritual beliefs give us faith, hope and love. We view them as great truths, so we do not seek to prove their validity. We believe in them and welcome them into our lives but in the eyes of the philosopher and scientist they are suppositions rather than provable facts.

When we seek truth its array of form presents piece by piece over the years and it does so according to the mind of the individual, according to what he can or will accept. In our younger years our search is dynamic. Truth sweeps through our lives. In later years we relax. At peace we allow truth to meander towards us. We have time to perceive its gentle face, so we do not need strength to implement its commands. We come to know compassion as it highlights the ageing human condition.

In our state of relaxation whatever truth we can accommodate enters our hearts because it is not attached to any desire, want or need. It is a flower of communion in a pure form. Unaccompanied by teachers or places of retreat, it blossoms in our hearts, permeates our minds then enters into the wind to extend into the wider world. Its inward movement

changes to an outward direction that is shared. Without visions it presages a permanent habitat in the Greater World dispelling any lingering moments of loneliness.

We continue to learn but not through the ideas of others. Occasionally we absorb the journey of another's holiness, but we do not follow it. We have crossed a bridge. We have our own way to follow because our journey into truth has become impersonal. Another veil lifts from our souls.

We do not need to be constantly busy. We do or we do not do because the language of the heart is not reliant upon earthly activity. We know when activities contribute to the absorption of truth because we have learnt to choose wisely.

People who want our presence they find us. There are not many because we have no need for people to fill empty spaces. We do not need to be constantly reassured with time and love from others. We have matured. We have become conduits for truth travelling on the wind. Ultimately, as we experience the merging of our two worlds, truth becomes all that we are. Our hearts are peaceful.

Idea

I am an idea in time.

For a moment I exist.

I ask myself what my existence contributes.

An idea is like the wind. It travels and touches everyone.

As an idea I travel and touch everybody, even if only for a moment.

As an idea I grow, move and change.

I cannot tell you how you can grow, move and change but I can tell you how I do. Maybe our ideas can merge. Maybe we can fly together on the wind and become a new idea with greater reach.

We are all one. I look at other people and I see myself. I hear what another says, and I have said it. I see what another is doing, and I have done it. When I learn what is good for me, I want to share what I learn with other people.

Constructing the Picture

Humanity quite naturally accommodates spiritual perceptions. They add to the quality of life, but they herald the eventual demise of physical life. Work for the progress of humanity and the physical world becomes your nemesis. Its response is to place difficulties in your way to allay its future demise. The physical mind does everything possible to maintain focus on what Earth life produces.

These difficulties are large or small depending upon the size of your endeavour. They continue to grow but once they reach a crescendo, they subside.

Although you work hard to accomplish everything time teaches you that much of what you strive for is of limited duration. Only a part of what you work for can be gloriously realised. It is the one thing that is truly important, so your other endeavours are not yours for long.

Lend no focus to difficulties. Concentrate on what you have in abundance. You have it because you have used your skills to attain it. It is the area in which you can triumph. Your generation may not understand what you are trying to do but following generations will. They look back and see the construction of your picture from its birth to its completion. Because you and your generation are in the picture you are constructing, you cannot see its entirety.

An artist can understand the drive another artist has to reproduce his inspiration. He can understand the quest for perfection that another artist exhibits. His art is everything.

Once touched by the world of inspiration the artist changes the way he views life, people and the way he spends his time.

Creative Arts

The creative arts are keys that open the door to the human soul. Music, art and all that is inspired are part of the language of humanity. They evoke a response in the heart, mind and soul of all who articulate. When one soul speaks to another in this way it speaks to all humanity.

The arts are common threads of humanity that all people can connect with because they originate in the archetypal world.

Friendship is a high priority in life yet not everyone has the social graces that promote friendship. Aching with loneliness, people without friendship yearn for it even though it does not always live up to its ideal. Judgement and misunderstanding still arise between people to bring pain and sorrow. How to bring the ideal into our reality?

Humanity

Individual friendships can be born out of need e.g. a need for love — to give and receive.

Real friendship is not based on need. It is an expansion of the universal coin of friendship that reaches into the hearts of all people — their humanity. Humanity includes the impersonal Holy Grail of Friendship, an expansive movement of love that has the welfare of all human beings at its heart.

It is the common denominator that unites all people so the quest for this type of friendship does not linger on a desire to fill empty spaces.

With a personal friendship minds meet on some level. The Holy Grail of Friendship goes beyond this. It does not have to become what a personal relationship demands. The unique

bonds of humanity rise above the separatist, physical condition that discourages such bonds by elevating personal and exclusive friendships. The Holy Grail of Friendship reaches into the heart of one then extends this sharing moment to everyone. It can grow out of personal friendships, but this has to be the goal.

The Holy Grail of Friendship is true friendship because it reflects the Divine. It includes all people by giving its essence to everyone as it travels the connecting bonds of humanity that link all people. Naturally expansive it heals wounded souls with its smile or kind words that reach into hearts.

Connect to the bonds of humanity and you travel a path to the Divine, unencumbered because you travel lightly. When your eyes look into the heart of one person, at the same time they are looking beyond the horizon towards the Greater Beyond where all threads of humanity merge.

I love creative people. I love kind people. I love people who really look at me. I also love those who hide from their creativity, who speak harsh words and whose souls cause their gaze to restlessly wander. I love them because in them I recognise the pain and struggles of humanity.

Judgement can be born where there is a lack of social graces, yet these social graces are of no real importance. They are a covering that asks others to like and accept you.

I do not ask anything of you because I do not mind whether you like me or not. I still laugh. I still care. I still know the presence of love that makes me more than what can be seen.

How can you reach into the heart of humanity?

A mind that is free of revenge or ill feeling towards anyone, including those who have brought harm or pain, is aware of the beating heart of humanity.

Respond to this heart throughout your life rather than to what others direct you to and you can know love. Your heart can touch others. You can know what people need.

The common core of humanity is being reflected to you and you respond to it. Your own humanity washes over others, evoking a response.

What is common to all speaks to all and no-one is excluded. Everyone becomes your friend, but none in particular.

This is an important era for women. Her mental prowess has been recognised as equal to men. She has achieved positions of leadership. Woman in this time needs her qualities to be recognised and respected. She wants to stand beside man on an equal footing so the two sexes can complement each other. While they are in conflict real progress for humanity is slowed.

Woman at His Side

The Age of Aquarius is represented by a woman pouring water from an urn. As a masculine sign Aquarius is outgoing. The water represents the breath of life coming through the ethers and space and entering the Earth through the female principal of physical life that is woman.

Woman brings everything to the world of Earth including hope. She shows man how to love. She inspires his creations and most of all she brings continuity of the souls of man coming to Earth. Woman is able to achieve more than is realised today. Hers is the road that will take mankind to greater heights.

The Age of Pisces was a time of spiritual revival through the teachings of Jesus. The seed of woman's future position was sown in His teachings, so she was feared. In a retrograde move man enchained woman through his temporal power, calling it

protection. She was given no position in spiritual affairs or material life. She became a possession of man and a vessel for pleasure and new life.

Without a position of honour, she was expected to produce the desired heir. Once the heir was secured any temporary standing she had was removed. Woman's strengths and attributes that could help man grow were buried. Man lived according to his own will and he suffered for it.

Sex was seductive and addictive. Because of this it was feared, and woman was blamed, portrayed as man's temptation. It was taught that the sexual life prevented man's spiritual enlightenment, inhibiting his progress towards the One God. Sex became secret, assigned to dark places.

These ideas were wrapped into religious canon even though the Virgin Mary was placed in a position of high esteem. The mother of Jesus was seen to suffer at the foot of the cross where her son was dying in agony. Her role was assigned as beyond mortal woman who had to suffer because of her seduction of man. Ascetic denial was born. There was to be no joy in union with woman because man spent his life denying his own nature.

These attitudes to woman have carried over into current times. They arise from the negative side of the coin. Look at the positive side and you can see that any admonition is for man not to be controlled by his natural desires for sex and family. When there is a desire for congress with woman that is the destiny open to the man who has this desire.

Sexual congress is a way of life, but it is only a part of life. It is not designed for pleasure, even though it gives pleasure. The pleasure it gives reflects the ecstasy that union with the Divine produces. Ecstasy is more than any physical pleasure union between two people gives. Love produces enlightenment. Physical desire does not. When man follows

the way of his heart it becomes a glorious path to enlightenment but there must be concern for all people involved.

Man's love ensures that none are harmed for knowing him. Because he is stronger in physique, he is the protector. His nature to protect the woman he loves and his children. At some stage in his life he can become a renunciate as long as the family is taken care of. This is a path of honour. Renunciation is control of the physical senses through love for the One God rather than denial of man's nature. Renunciates, who after tasting the joys of marriage become holy men, need to accommodate the lives of the women and children they left behind otherwise these women and children struggle in a life that gives them little choice. They must have a place while man continues his holy journey alone.

The way forward through the Age of Aquarius is to accommodate the humanity of men and women and their function in life. Woman can grow into her rightful place beside man, not because she has developed the strong attributes of man but because she has the freedom to display her quiet, nurturing, loving perceptions.

The acceptance today of widespread sexual congress brings freedom to woman who is not used to having it. She is interpreting her freedom in its extreme, thinking she can do what she wants, wherever she wants, when she wants and as much as she wants. Over time this extreme behaviour will modify because it is bringing its own troubles.

Woman will learn that freedom is accompanied by responsibility. In time this understanding will progress into a forward movement towards dignity and modesty. Sexual favours will be bestowed upon the strong and worthy man and not given lightly to any who desire them or seek to take them.

Man will learn to earn the right to love a woman after he has learnt to recognise and respond to woman's dignity and

modesty. A new way will arise so woman can take her rightful place beside man in a position of dignity and respect.

Woman brings life yet life is a wider term than the physical life she brings to Earth. She knows how to bring subtle forms of life to the world of man through her strong intuition. She can construct a path of purification that will take man to the path of Ascension.

This path was created before the annals of time that man is aware of today.

Locked into the Wisdom of the Ages is knowledge of man's real journey that is his future with woman at his side.

Choose what you desire wisely, O woman.

Let it include the sublime so the world can be coloured with light.

Occasionally we wake in the small hours of the morning wanting more than what our day usually brings. Our hearts are reaching for something more.

All over the world hearts are constructing an approaching path so all people can all find this unknown something.

An Approaching Path

Who can guide us in our spiritual purpose?

In the past people needed few words of guidance because their hearts were open. Now people need many words just to open their hearts.

The wise ones who can read our destiny have fled city life. They have merged with the shadows in the hills.

Few people say we have need of a spiritual destiny. Our little ones are not trained to look towards the Greater Life. When one who can see into this distance arises within the family to follow his star he is derided or cast out into the abyss

of silence. People become unforgiving of he who leaves the acceptable fold to follow his individual path.

Spiritual destiny has more than one purpose. It keeps alive the spiritual destiny of humanity. It preserves spiritual knowledge for the future so the Seeker of Truth can access it when his moment approaches.

It illumines Earth with more spiritual light. This enhances life for humanity. It advances the individual. It advances civilizations.

When one person accesses his spiritual nature, he propels humanity onward. The spiritual endeavour of one begins a path to life for everyone. It is like a strand of light in a rainbow. The combined efforts of all spiritual endeavours construct this glorious path of many lights.

What is that path to be today?

You may return this way and need to find the path you are laying now. From this you will be able to build a new and reach for the next step that could also inspire others.

My heart wants to show all people how they are never alone, so they never need to fear loneliness.

Common Bonds of Humanity

The sense of separation between people living upon Earth and those who have gone before them is profound. This sad situation has arisen because common bonds of humanity have become buried deep within the soul, hidden by veils placed over the soul.

I strive to remove these veils as I respond to the universal bonds that exist between all people wherever they live. These impersonal bonds are elusive but no matter how difficult to

attain and maintain, I connect to them. Their powerful presence is calling me.

A common bond between people is timeless and impersonal, a moving light between two worlds. Relax into the moment and its ingress and egress can be ascertained. It is an energy, not dissimilar to electricity causing a light bulb to glow.

Common bonds can be known but they have to be deeply sought for. They contain the history of man — his life in the physical world, the etheric world and spiritual worlds.

As veils are removed from the soul, comprehension of some aspects of these three worlds souls inhabit can be gained, according to what the individual has experienced.

I sit quietly and gaze out the window. My heart is peaceful. The room fills with people who belong to other worlds and they are my companions. Their sight sees more than mine. Their ears hear more than mine. They understand more clearly the differences between how life is lived in all worlds.

The bond is felt, so it exists. Personality is not sought so it is not delivered. The desire to learn draws people of all worlds who seek to learn. All sit in a room together. All hearts beat as one.

Why gaze out the window?

The voice is sought, not the sight. A greater awareness is sought so the quiet gaze reaches into another space. While relaxed and gazing out the window, not looking at anything in particular, other senses sharpen and respond to what is presented.

What are the bonds between people of all worlds?

Experiences teach. Everything learnt is shared. This is how humanity learns what is good for it. Sharing produces a wider perspective that negates dependency and the need for constant encouragement and handholding through struggles. Sharing produces compatibility that becomes companionship with a presence that has already travelled these experiences.

Being alone is a first and difficult step. Quietly gazing out the window subdues the physical senses that produce the need to be busy. Being alone brings a quiet peace. Perceptions of other worlds can knock the door of the quiet mind.

Being alone draws the compatible presence of many because no person is ever really alone. The need to seek familiar and comfortable company or the company of a particular person fades. This way of life knows no comparisons.

It knows only the impersonal bonds of friendship that exist between all people, so often masked by personality and troubles of the mind that.

It is not possible to personally befriend all people because not all people want what is good for others. The soul discerns compatibility. He who prefers physical life to be everything is not the compatible person for he who is reaching for more than this one life. This is not judgement. It is discernment of who can share in a productive life. This is an important choice that should be made carefully by all people.

Whether accepted or experienced, the common bonds of humanity exist. Periods of being alone encourage the experience of them. All people have to sleep, eat, breathe, clothe themselves and find shelter. This is a common bond in the physical life world, so it naturally follows that bonds in other worlds also exist.

All people have thoughts. They send and receive these thoughts on many subjects. Some thoughts are attuned to some people and some to others. Always thoughts, words and

actions in any moment reach other souls, not only upon Earth but also in the Greater Beyond. They reach others who live and think in the same way. This is a bond that may or may not be felt but knowing that it exists is knowing that one is never alone.

All that is personal belongs to a present moment in time when souls adopt personalities so people can live in a particular way. Their thoughts and experiences are constructing the world to be what it is at this time and society lives according to this construction. It changes when the thoughts and actions of people change.

For a short time, people are on Earth with their hopes, dreams, thoughts, feelings and actions. They leave and the next wave of people come. Those who follow build on a foundation already constructed. It is a spiralling pattern of life that changes as it continues. A house becomes a home when people live in it. When people leave the house, it loses its life. After a time of being empty it falls into decay and ruin.

The people on Earth bring life to the Earth. They contribute to the soul of the Earth as much as the Earth contributes to the souls of the people. There is a compatible bond between the Earth and all life upon her — plants animals, minerals and people.

There is a compatible bond with the light travelling to and from Earth. There is a common bond with all that travels through the airways of learning and everything that those who have lived upon the Earth in the past have contributed.

Memories that contributed to the life of the Earth in the past continue to have impact when they are kept alive with constant thinking. Memories not thought about eventually drift into the mists to be lost to time. Let all remember and applaud what is worth remembering, especially the courage and heroism all people display in some way, just by being alive.

Thoughts and actions are important bonds that are not always on a personal level. Having many friends or no friends makes no difference. Common bonds link everyone.

This moment in time is difficult because faith is not the norm for all. Many are lost in the busyness of physical life and time passes quickly. A time is approaching when people will come to the Earth more secure in knowledge of the common bonds of humanity. Even those who live selfish lives will be aware because education is available for more people. Communication is possible for more people. The intellect, while still reigning supreme, is slowly making way for a foundation of growth of the common bonds of intuition and inspiration.

All people participate in this process, but they tend to construct a world that makes them feel comfortable. They could create their strengths so that as time goes on these strengths develop to include the bigger picture.

Let all remember that the greatest common bond of humanity is love. This is not the love that asks for something to dispel loneliness or a lack in life. It is the love that reaches out to all who have life.

The body ages unto death but the soul changes and develops. The spirit expands. This is a pattern in life that does not change at this time. Find joy in life in every situation and it will override all difficulties and dispel fear that so often accompanies change.

Change always comes whether it is desired or not. Smile at change and welcome what it brings. You have constructed it. With change each person takes the first step alone.

Once the first step is taken a beautiful path can open because the common bond of humanity draws companions towards he who is preparing to take the second step.

Today people talk of making new memories. Does this not keep drawing them back into the past and nostalgia? I do not understand the strong focus people have on memories, good or bad, so I ask.

Memory — a Tool for Learning

Memories are stored in your soul, veiled but able to be recalled through your attachment to them. Memory is a tool you can control. Keep only what is important. Choose wisely what you re-call and relive because what you choose to remember becomes the foundation of a new direction of learning. Choose as important only what relates to your physical life and you will relive its events again and again. This will continue until you change your choice.

Should the spiritual essence of who you are, and your spiritual goals be of importance, memories relating to this yearning of your heart will lock more strongly into your soul to be recalled at the appropriate time.

Memory can be an aid to living well or it can be a hindrance. Experiences saved as memories should be those that continue to teach you how to live well and consolidate your forward momentum towards the Divine. All other experiences are irrelevant and best allowed to fade into the mists of time as no longer applicable.

When you come to Earth your soul's memory is veiled so you do not waste time dwelling upon the past. Recall remains a possibility.

A new experience that seems familiar is a repeated experience, needed to teach your soul how to move more easily towards its Divine component. A familiar experience that is not of this direction signifies something to be rectified or endured. It remains strongly in your soul's memory until this is accomplished. When it is no longer relevant to your journey

towards the Divine component of your soul it become of little importance and fades.

Constantly relive every little detail of your physical life and you will pass from this world to the psychic and etheric worlds attached to the Earth. They are places where you can remain in the dream.

Spiritual reality presents when you work towards its Greater Light. With more light your vision expands. Choices become apparent and fellow travellers who wish to share your travels become visible. Remain in the dream of past endeavours, hopes and wishes and your vision remains tunnel, focused only on what you desire in physical life.

The greater the expansion of your mind and heart, the greater your desire to open the Divine component of your soul and the greater your determination to place physical life in its true perspective in relationship to your spiritual life that has a wider horizon. Your wider vision sees greater possibilities and choices.

Education is always important. Self-education is a worthy part of education that grows out of your need to know. This need presents experiences that teach.

In this present time, it is difficult to know more about life other than what the five senses communicate. At a young age there is little exposure to the Greater Life. Teachers are not apparent. All that remains is the desire of the individual to know how more of life can be perceived and lived.

In physical life the experience of failure, pain, ill-health and a sense of comparison with those who share your world produce a moment in time when you question whether the five senses are as accurate as they seem. You speculate on the possibility that there may be more senses to relay more information.

Physical events produce pleasure that cause you to want to reproduce them, but pleasure is not joy so it is fleeting. Joy

is from the Divine. When your experiences bring joy, it becomes a permanent resident unless your thoughts and actions cause it to retreat. Its presence in your life tells you that your direction is towards the Divine.

Joy is a celebration of life and it is greater than your named personality. It manifests in many different ways and places when you live well. It radiates to touch all within your influence. It is infectious, able to be assimilated by others passing its way when their eyes are open wide enough to see it.

How does joy grow?

You can consolidate the presence of joy with your actions because joy contributes to all that is good. In less than a second an expanding joy can fill the heart and eliminate all of a lesser nature. When you receive joy you only want joy. Its presence changes goals. It changes desires, cancelling earlier ones. It reveals a future course that brings more joy. The growth of joy in your heart contributes to one of the ways memory works advantageously.

Do not mourn memory. Like everything upon the Earth, it has two sides. It can reflect to you what is really important, and this may not be what your mind thinks is important. Rather than being concerned with building memories better to concentrate on living well.

You control your memory. Using your mind wisely is using its greatest potential. This means constantly opening its doors to new ideas and thoughts. The ability to access your greatest memories then have a greater chance of becoming possible. Be lazy with your mind and its functions diminish as does everything upon Earth that is not used with a forward momentum.

You have to move the circulation through every part of your body and use every part of your body for it to continue to

function well. Make a conscious decision to use the tool of memory in the same way.

With each change of residence, the life of the real you, veils your memories and deletes the files that are no longer of any consequence. You come to your new habitat refreshed. You start a new journey so you can make use of more of the Divine within your soul. When what has to be repaired is repaired another veil is removed. When you cross the boundary to a new residence you cross to a new expression of the real you.

This happens in all the mansions of life, not only upon Earth. Your soul memories are veiled when you enter a new mansion. This gives you a fresh opportunity to choose your thoughts and actions wisely. When you have a predilection for some behaviour it is a past desire that remains important to you. Catch yourself making mistakes again and you are following an old way you should be changing. Mistakes are those thoughts and actions from the past that stop your forward momentum towards the Divine component of your soul. They produce difficult outcomes.

Practise using memory wisely. When you wake each morning become a new person entering a new residence. Start the day fresh. Bring with you, not memories of the day before, but the wisdom you have achieved and the guidance you have received during the night. Without thinking about how you have done things before, do everything better in this new day.

This is a new way to look at the world that you are constructing with your thoughts and actions. It gives you more control over your own life. Live this way every day and you will not waste your time. It will become productive.

Let each day generate something your heart wants to produce but on previous days your mind told you was impossible. In each new day you can generate more than you

think you can when you do not bring the thoughts of the previous day with you. They inhibit the day's possibilities.

Live this way and you live in peace. Live this way and you gain confidence. You become courageous. You develop a sense of purposeful direction. You come to know successes.

Seeds of Truth

The Seeker of Truth recognises a Seed of Truth that is relative to his search. He sees its inner essence.

Seeds can remain undisturbed for long periods of time. They are able to withstand extremes in their environment because their essence is protected by a tough exterior.

They await the Seeker who is looking for what they contain. He will stimulate their germination so they can grow in the correct season. Always he throws their precious content into the wind for others to catch.

We all want to live in a castle and have servants. They can do the things we do not want to do and at the same time labour for our wealth. This is the root of human trafficking. Living well while doing the things we like to do is different from living well doing the things we do not like doing.

Live Well

The early years are important. You were born to a time when your early years could be lived with nature. At that time consumerism was not widespread so you had no experience of it until later years. You were able to recognise it for what it is and make informed choices.

We have bought you to this time because available technology allows health to continue for longer. You have enough years to live the experiences that produce the message relevant to life in this time.

The word you need is delivered by those who wish to help your journey through physical life. They are aware of how difficult it can be for the messenger to receive the message in an age of widespread consumerism. The key to all you say, receive and hear is simplicity. In this you are qualified to write your books.

The spirit of man individualises when it comes to Earth. At the crossroads of this new age when consumerism is advancing and organised religion retreating in the West there is little direction in the search to know and understand the One God in any form. The educational message is, *Find the One God within*. The spiritual journey on Earth is not confusing when you look within where the essence of the eternal spirit can be discovered.

This journey of discovery is not difficult. It is simple. Any difficulties are brought by the conflict between the desires of material life and spiritual yearning. When this conflict arises thoughts can become dark and produce dark places in the mind and body. This darkness leads to sickness.

The physical mind is indicative of a horizon. In the mind the horizon represents the limit of understanding. For further illumination this horizon has to be crossed.

You may walk towards it. You may run towards it. You may mount a trusty steed and gallop towards it. How you reach it is dependent upon the amount of joy you have within your heart.

When you approach this horizon with joyous thoughts, it is like a rising sun. When seen as a rising sun prior to full ascension, you can travel at high speed towards it, your joyous heart enabling you to cross its borders at any place because all entrances are opened in front of you.

When you have the dark thoughts of the materialist, they create the dark shadows of a setting sun. When the horizon is seen as a setting sun you may still cross its borders at any

place, but the entrances are slower to open and lead into greater darkness. Dark thoughts cannot reach into spiritual light. They travel into the psychic distortions of the physical world that exist in its etheric counterparts.

What is the horizon?

A physical horizon shows the finite limitations of sight. You are more than a physical being. Your body will die but the real you will continue to live. It is your soul that has to work hard to cross the limitation of the horizon. There is no limiting horizon for the spirit of life.

Any difficulty in your journey towards the horizon of spiritual life is created by confusion resulting from the spiritual life of who you are not been able to blend with your physical experience. When the two work in harmony your spiritual journey upon Earth is harmonious. When material difficulties arise, as with the nature of physical life difficulties must, they are seen for what they are — temporary and challenging.

The Greater Life embodies the Greater Love. Love infers joy. Joy leads to happiness. Happiness glows like a light and is infectious because it is an expression of the light of the eternal spirit within.

Happiness on Earth is only possible to attain through spiritual qualities e.g. compassion and gentleness. When the journey towards spiritual enlightenment is empty, difficult and confusing, stop what you are doing.

Simplify your life and relax. Discard what you do not need and know that love, light and life are a constant presence upon Earth, awaiting your recognition because they are part of you. They never leave you, but they adjust to your physical life. As your joy increases you bring them more fully into focus through the way you live.

What is your physical life?

Your physical life is what you do from the moment you wake up until you fall asleep. Even when someone else tells you what to do, although no one has the right to do this, you still have to bring spiritual joy into your daily activities. This joy is your God-given right so you can live well upon Earth.

I keenly feel that there is much to learn and do and so little time. Life has to be lived fully up to the last breath. This does not mean intense busyness. It means intense focus on what is important.

Attachment

My soul speaks to my mind and this I always want. Always what I receive is accompanied by joy. Always what is said has purpose. Not always for personal use, what is given can be for another, often a caution.

The soul has a wide field of vision beyond anything imaginable. Within this field of vision lies infinite communication, so what of the soul?

As a repository of both good and evil experiences and learning with their resultant constructions, not everything coming from the soul is automatically for good.

What rises from the soul is what is summoned by the focus of the individual's heart and mind. When the focus is towards living a pure and simple life so evil tendencies can be eradicated or transposed into goodness, the intuitive voice of the soul transmits what is good.

When the focus is on the here and now of physical life, what is received from the soul is self-serving and does little for the progress of those involved.

Focus upon physical life is always self-serving because that is the nature of physical life. It has its own philosophy and its own agenda. Knowing its existence is dependent upon it

fulfilling its purpose, it does everything it can to maintain the structure of its life so it may continue, in its eyes, forever.

This physical continuance is only while it is necessary for the progression of the human soul.

Physical life and its splintered mind create a philosophy that encourages everyone who come to Earth to be active and forever busy, with no time for inner reflection. In the past this activity was necessary for survival but today for many it is activity for leisure and pleasure. The only rest is during sleep, but sleep is influenced by physical life when it is important to the individual, so rest is not automatically assured.

As the generations move on, the physical mind creates new distractions and a faster pace of life to ensure that it continues. Without realising it people remain enmeshed in its philosophy and have little time or desire to seek anything different. They are attached to what is on offer.

Occasionally they hear their hearts murmur a quiet whisper concerning wider values, but this whisper is mostly ignored. When those who do respond allow the whisper to surface, change results.

Any step people take after hearing the whisper is a small step away from a totally physical focus in life. It does not matter in which direction this step is taken. What is important is that it is being taken. These people do not yet have the confidence to be strong in the face of opposition, so they look for validation of their understandings and beliefs from their contemporaries. This is not always forthcoming.

Whatever they do, whether proselytising because of excitement about their newfound beliefs or changing their lives, their courage has made it possible for them to take this first step. As further steps are taken in their chosen direction their vision widens and choices present.

All quests are valid and should be encouraged. In some cases, a Seeker of Truth is born. His first step is always difficult because it involves a change of heart. All that is known is left behind, including associations. A new way of thinking is embraced and a new focus in life is born. Everything is new and unknown. Whether the result has a beneficial outcome or not, these are valid circumstances.

Self-confidence should be encouraged in all people. No-one has to agree with or believe in what other people are doing because not everyone knows who has enough strength to make necessary changes to their lives. It is noble to encourage self-confidence in others.

At some stage, whether in this life or another, the voice of the soul becomes louder than a whisper so it can command its performance. The ultimate destination of its journey of truth and light is always the One God. Along the way purity and simplicity are followed because they are the tools that cut the ties of attachment to physical life. With successes and failures side-by-side the soul moves forward.

As the journey continues physical life becomes less important, its emotions controlled and its rewards of little value. Love is exposed. Its meaning grows as veils fall from the soul, encouraging retreat from the world's influence.

The way is not without hurdles. Physical life continues but the One God seems a long way off, unreachable especially through meditation. The soul feels in limbo and rudderless.

Faith remains and encourages a continuing forward momentum because much has to be experienced. Help is always at hand for the heart that cries out in need. Guidance always comes. How and what is given depends upon the condition of the soul.

Not necessarily desirable to the tired heart that seeks consolation, guidance inspires the difficult reach into the unknown.

Consolation instigates a backward movement so is not forthcoming. The known is comfortable so in difficult times it always seems attractive, the unknown uncomfortable and unappealing. Comfort can easily become laziness and laziness creates stagnation. The soul seeking a forward, progressive movement towards God cannot have the luxury of comfort or laziness.

How to discern what is good for the soul and what is not?

When truth is delivered and received, even as a caution, it is accompanied by joy. Without joy no-one would want to do what is good. With joy there is no confusion about what needs to be done, even when it is unpalatable. The voice of the soul from its goodness is certain. Confusion is only caused by veils placed over the soul that inhibit clear vision.

Two directions cannot be travelled at the same time. A focus on physical life brings attachment to everything it offers, everything that is seen, heard, felt, tasted and smelt. A focus on the spiritual life leads to the One God. For the soul this direction is its only attachment.

It is not easy to leave behind everything that the Earth life offers but eventually everything must be left. The mind has to accept one day that because of this everything ultimately has no value. There is great beauty upon Earth, but it reflects the great beauty of a place where the light of the One God is more apparent. Light cannot be seen until it settles on an object and the only place Divine Light can settle on is the purified soul. This is why men and women work so hard to purify their souls.

I love life so I love man. Although I love life, I love man more. He has a part of me within him and it is burgeoning. I urge him, through those I send to encourage him, to make his way back to me. I am everything his heart and soul desires. Through me peace, eternal purpose, interest and an all-encompassing love and unity are his.

Leave everything behind, O man. Race towards me. My arms are outstretched, as are yours. I welcome you into my embrace. It is a holy place. Make yourself holy so you can recognise and find it. Always my arms are open and always I am here. Run towards me. I await you.

O joy is mine. I am to receive an encouraging presence again. Always it is welcome. Always it is inspiring. Always it helps me make sense of this life.

Graciousness

For seven days we shall come. Each day we shall give you a gift to carry you through this time and beyond the horizon. As we enter your door part of the Greater Life travels with us, fills your home, touches your heart, remaining when we leave, never to depart unless your thoughts turn it away.

Life is always a gift yet upon Earth it can appear as a burden, filled with pain and uncertainty. There may be little harmony, so the spirit does not always emanate from every corner of self and environment. Everything flows sporadically.

This is a physical perception. In reality spiritual life flows continuously and harmoniously, reaching into every corner. Only awareness of its presence is inharmonious. Only sensitivity to its presence has to grow.

My gift to you is graciousness so you can be gracious in your disappointments and your victories; so, you can be gracious in your dealings with others; so, you can be gracious with yourself.

When your aspirations ascend the steeple of a church they hone to a point. As they leave the top of the steeple, they flow outwards, as though from an inverted pyramid; flung into the wind that carries them to the four corners of the Earth.

The four winds reflect spiritual energy and transpose it into the four energies of the Earth. They travel the Earth bringing

what they must and with them go your thoughts and aspirations encased in gentle graciousness.

From this moment forward graciousness will give you the equanimity you have looked for so you can live the way you want to live — undisturbed by the thoughts and actions of others. They will not reach you unless they are in harmony with graciousness.

As graciousness takes residence in your home and heart it will lead the way in everything you do. As you complete tasks in your own way, none can oppose you because strength accommodates graciousness and its steel is not apparent.

These are the gifts we bear as we extend our hands towards you with love so we may bond more securely in love and service for the Great Spirit.

Creative

We are blessed to be able to create music, poetry, song and dance. Connecting our souls, they pay no mind to regulations or organisations.

Led by our hearts, we create.
The message always sublime.
Hearts speak to each other.
Harmony rules.
No differences or divides.
Hope

Zephyr brings me. This warm West Wind indicating fruitfulness is a gentle ride that creates a smile. My gift to you is Hope. Resplendent in her array of colours, Hope heralds the beginning of spring with its promise of new life. Zephyr blows me from room to room and I breathe this new life into your heart and your sanctuary.

With Hope in your heart and home you can see the road ahead and know your sublime destination. The world cannot remove Hope's smile. Undeterred, you can move ahead, arbiter of your own destiny, able to choose what to absorb along the way.

Hope's smile is a beam, an inverted rainbow reaching into the sky. Hope knows only victory. With her eye on her destination, her smile is the entrance to her heart. She is irresistible to those who welcome her arrival.

Hope settles in your heart. Her smile on your face causes the stars of the sky to twinkle in your eyes. Everyone steps aside, not wishing to impede your progress.

The smile of Hope mesmerises them into stillness so that Zephyr can carry you forward — your work, our message, your life and your soul packaged by Hope into one purpose — the Divine.

Sea of Tranquillity

The waiting time is over.
A new dawning presents.

You are alone but not lonely.
Face our direction and move towards us.
The Staff we have is yours to receive to steady your step and focus your gaze as you look into the face of love.

My Beloved,
Enter the Courtyards of Prayer once more.
Here two worlds harmonise.
The Great Spirit comes on every breath.
Your heart fills with joy.
Your thoughts are focused.
Your words are few.
Your will reflects the Greater Will.

Paint your inner path to the Greater Life, one sentence at a time.

Shine a light so others can follow.

Waiting is over.
Dawning presents.

What is the colour of love?

Love is painted the colour your heart needs in any given period. It changes with each passing day so wear each day's colour. When you wake in the morning you will know which colour indicates the energy of the day. Use it wisely so you are not depleted. Follow its directive so your choices and actions mirror its ray.

When the colour of your day is silver, as you go into sleep travel with the silver people. Silver moulds and shapes, healing through its flexible nature. When your thoughts reflect this action they accommodate, without monitoring, their command coming from intuition. The Silver Ray directs with clarity and speed to blend with purpose.

When thoughts are not required, your mind and heart are still, like the light of moon reflected in a pool of still water — glittering yet tranquil.

Sanctuary

I have been brought to my knees again.

Being humbled is difficult to face. When you feel you have been brought to your knees, it has to be. It may be on a physical, mental or emotional level. It may be on all three but face it you must.

You cannot control life, no matter how much you try. All you can control is your thoughts. How does that make you feel?

I live on Earth as a physical human being so I feel I can choose to do what I want to do and live the way my heart dictates.

If I can control so little where is Hope? Am I a pawn of the fates? I need to fully understand the power of thoughts to feel humility.

Thoughts are a major tool in life. They wield the sword, the pen and the Rod of Truth. They initiate everything that exists in physical life, so they need to be tended. They can so easily run wild. One thought that creeps in uninvited can weave a scenario that is not desirable. Once in existence, thoughts play out. They manifest a place in the world in which you live. They manifest your position in this world. They manifest your adaptation to it.

You can be angry at what exists, but you have inaugurated it. Your anger at what you do not wish to be only expands and consolidates it further.

What you do not wish to be can only be replaced. This is called change. It is the dissipation of what is undesirable through lack of thought power, replaced with stronger thoughts that manifest and consolidate what is desirable.

When you look at what is unacceptable you can be angry or you can be humbled by the fact that at some time, in some way, your thoughts brought it into existence. They do this, not only on a personal level, but also on a global level through the combined thoughts of many people. The present but changing situation on Earth today has been created by the combined thoughts of people associated with the Earth.

People need educating about the power of their thoughts. They need to understand that they are contributing to both their personal situation and the global state. They will then think more carefully so that their thoughts can contribute

beneficially to their personal and global lives. This philosophy does not take personal or individual karma into account. It is looking at the power of thoughts.

With this in mind, when a personal situation is undesirable and needs to be changed, calm thoughts must prevail. Hope for change must be nurtured with unceasing effort to reach a desirable result. Sometimes there has to be acceptance of a situation because it may not be possible for all to be well in this lifetime. In another time it will be better. In this you are humbled.

Acceptance carries humility because it brings the ego of the individual to its knees. The spirit of the One Life, the One Love and the One Mind can then be seen to rise.

Rejoice when you are humbled. It is an indication that your heart and soul is merging more strongly with the Greater Life of which all are a part.

You are in the University of Life, but the University of Life is also in your soul and heart. Maintain pure thoughts and live simply. This you can control. Relinquish all else. What is produced from pure thoughts does so in its own time and its own way.

We have to treasure each moment we have with people because we do not know how many moments ours are to share.

Vigilance

Many years ago, we said we would take everything from you. Now you can see why.

I do not want to go backwards into ownership or attachment to things or people. I do not want this direction that can be difficult to halt. I reach towards you through my heart and my soul. My spirit has always been with you, but my soul has developed its own will over time. This has added an

undesirable direction. I do not want the direction of my will again.

Its mist constructs the veil that covers the eyes of the soul.
Effort has removed the veil. I do not want its covering again.

It can come in less than a second.
I want my eyes to be clear and my will to be strong.

It takes only one thought or desire to replace the veil where it has been. The mist is always waiting to create it and cover your soul once again. Vigilant is the Warrior.

One morning I wake with this vision for a young couple who are struggling with the timing of immanent change.

New Year

You are moving through an expanse of bamboo growing tall to the sky. Bamboo is strong and pliable. As it moves and sways light shines through so you can see your way.

This year you will not move into new pastures. The bamboo provides you with everything you need. Its roots are food. Its stems can make the strongest construction. It provides shelter so you can hide from any who bear you ill-will. Because light can penetrate you are able to receive guidance as you need it.

For this year live in the copse of bamboo, not seeking to move further afield. Here you have all you need to live and work as you need. While you remain hidden from sight, I hold you in the palm of my hand, safe and secure until the correct season for moving.

Forerunners

Down through the ages, when man loses his way and is in great need, profound teachings are brought to him through exalted teachers, prophets and illumed ones who shine their lights on the path to the One God. Always they are heralded by an incoming energy that brings forerunners who present an overview of teachings to come. They prepare the people using the language of the day.

Few in number, these forerunners often have little support because the people are not ready for their teachings. These forerunners are not always appreciated or cherished but their teachings are laid down. They exist.

These teachings are carried on the wind awaiting the right moment for people to pluck them from the air, from the ground and from the waters of life. In the correct season people will peruse what is on offer and absorb into their hearts what they can. Slowly the doors to their hearts open to the time of change that is coming with the arrival of an Exalted One.

What teachings do these forerunners bring to the Earth for the common people who have little interest in their content at the time?

Forerunners bring knowledge because people cannot receive it themselves. This knowledge is designed to open the doors of the people's hearts so they can respond to a greater destiny.

These teachings do not seek a following. Their purpose is to engender an awakening in the hearts of people so they may find a path to the One God in their own way. The teachings can touch the people for a moment that is never forgotten. This moment may become buried deep within, but from time-to-time events will remind people how they were once encouraged by a word. That is the time when they will want to find out more.

Physical life produces pleasure and suffering. Pleasure does not promote the urge to reach higher, but suffering does. It is then that people want answers that associate with current times. Historical content does not interest the materialist unless it is promoting his material objectives. Historically spirituality and religion merged with material life and material power. The merging contaminates the essence of truth brought to the Earth by Exalted Ones.

When times of despair reaches its nadir forerunners present, in small ways, what the people need so that when an Exalted One comes the language is familiar.

The forerunners come but slowly retreat from the influence of material life because they live according to their inner world. They travel its uncharted country to find ways to Great Truth. They live by their intuition. All that is good within directs them to what they need and to those who can guide them safely. Their journey in search of greater truth leads them to the One Love and the One Life.

Forerunners find all paths lead to truth, so they are able to follow the path of the One Love and the path of the One Mind. They are able to blend both so that joy does not overwhelm, and knowledge does not overpower.

Living quietly, these forerunners become unaffected by all that is personal. They hold to their course. They accept what they must, living only to promote a greater awareness of the light of truth that already exists. Their focus is not on what is wrong in the world but is on the spiritual light within all people.

In times gone by most men and women were the many who served the few. The many were denied the education that was presented in a form that was of benefit to the few. Spiritual wisdom was withheld from the people and placed in the hands of custodians.

Today consumerism is flourishing. Education is available to the many, but knowledge remains an academic study.

Spiritual wisdom is available to the Seeker of Truth from every walk of life, he who can learn through inspiration. Today the majority of people are not academic by nature, so truth needs to be presented concisely.

When a concise word sparks interest, it can become a door that opens to inner inspiration.

Simplistically speaking, the One God manifests creation as Light through his Word and it has the potential to differentiate in many forms. The body and soul of mineral, plant and animal life are life, but the life of man is more complex. He is fourfold — spirit, soul, etheric body and physical body and he has a conscience.

Look within, O man, and you will find visions and knowledge of your history, lodged in the memory of your soul and accessible to you. Become acquainted with this inner world and the influence of the physical world will fall from you. You will see that the physical world you live in is a shadow cast by this other world. Once this inner world is accessed, physical life is lived as a dream, over so quickly.

Peace for a Soul

I looked deep into his soul and saw the universe.
The darkness of restlessness was visible.
With the arrival of peace restlessness vacated.
Darkness transposed into light.
Peace brings relaxation and stillness.

The soul constantly looking towards light, chooses goodness.

Tranquillity the future for the restless soul that was in turmoil.

Events bring peace or restlessness.

A choice is always made.

When peace reigns the darkness of restlessness is banished.

It continues to hover, pursuing entrance until a decision to deny its ingress is resolute.

A foothold gained,

Peace is strengthened or weakened through subsequent choices.

Real Self

It makes no difference what I do.

I always come back to my real self.

Who am I?

No one can fulfil me for more than a moment.

Everything is a distraction because I always return to my real self.

Who am I?

What does my real self-want to do?

How does my real self-want to be?

An untapped source of all knowledge, I must unveil my real self.

An unlimited perceiver of love, I must reveal my real self.

How to open the door?

Better I sit alone.

Better I gaze out the window.

Better I relax in a moment of reflection.

This world can then slip away, and I can go through the door to my real self.

I have no sex.
I have no preconceived notion of good and evil.
I glide through a greater vista that is nebulous.
I blend with people I know.
They are part of me. I am part of them.
I know what they want.
I know how they feel.
Encouragement all around is ours — tangible and tasted.

I have no ownership.
I pass on what I no longer use for there is no *me*, *my* or *mine*.
The personal does not exist so the language of my real self is different.
I am only who my contemporaries are.
I only do what they can accommodate.
There is no personal.

What of my teachers and my learning?

The teachers stretch me, and I feel the stretch. As I am pulled along I grasp the tangible knowledge of the vista. What I hold goes into me. It becomes part of me and changes my form — adding to it. Another part of me falls away, no longer needed. I become lighter. I become weightless, more nebulous than a cloud in the sky as advancing knowledge becomes more ethereal.

When I have what others need, I find myself in their company, without plan or appointment. When I am needed elsewhere another takes my place. Everything is seamlessly executed.

The teachers draw me on towards a light beyond my ethereal nature and nebulous habitat because I want to be part of who they are and what they do. For a time, I bathe in their light as they allow my heart to absorb their perceptions of

love; as they allow my mind to absorb their repertoire of knowledge. Cradled in their colour I am changed, but the time is brief. In a moment I am returned to work with their active love and learning.

I am changed by this experience that has been given to me because of my desire to grow. An ethereal being I am, destined for more and greater.

I transfer these principles to physical life.

I consolidate what I learn, experience and perceive in ethereal worlds.

I reach to the teachers to draw me onwards.

I determine the needs of all within my reach and respond accordingly.

I am losing forever *me, my* and *mine*.

Knowing that real knowledge makes me lighter, I work to lose all that makes me heavier — throwing past knowledge to the wind for those who are attracted to it. They may grasp it and use it according to their will when it makes them lighter. They can reach for their teachers and be stretched into a light that drives them onward.

I live in an uncertain world with certainty, brought to my doorstep by the spiritual teachers. Their knowledge, encouragement and support are undeniable — arriving naturally for we have touched each other's hearts before. Unstintingly they give all I ask for, and more. They opened the doors in my mind and heart and certainty, that I cannot deny, was born.

Occasionally I falter. Departed love swiftly comes, directs me with song and fills my heart to replace my doubt of the future he is already part of.

I have seen bewilderment and confusion in the eyes of the dying. I replace what I have seen with certainty because it knows we are greater than anything we have dared to think possible.

Our souls educate our minds and hearts so our will can be redirected. We have time to discard inherited ideas that do not relate to a forward-thinking momentum. We have time to find out what we need to find out.

It is hard to embrace death. Furthering our understanding that comes from reason and not blind faith contributes to the growth of certainty that knows death to be a transition from one stage of life to another.

Where does my certainty lead me?

It takes me to a state of excitement that grows when I spend my time rediscovering what my soul knows. It takes me to a place of joy where I can expand on what I have learnt.

I have learnt what is familiar. It is what I knew before. Now is the time for it to expand and extend into something greater, into the unfamiliar.

My real self shall bloom again.

Personification of a principle encourages understanding. I revisit three, Prophets of Osiris quoted from *LeapFog*.

Prophets of Osiris

Osiris spoke to his prophet and his words were sent forward for all those of enlightenment upon the Earth. His words were sent to bring to the minds of man the beauty of life's unfoldment, wisdom of ages past and enlightenment to come in the future.

These words do tell mankind that within the heart of the earnest seeker of truth dwells the spirit that knows of life eternal. This is the spirit that teaches the soul the ways of truth and light.

The soul is the meeting ground for the ways of the material world and the ways of the spirit and only one may rule. This is your battle in life, to experience and understand that the heart

that seeks to manifest love has room for nothing else. All selfish desires of physical life depart forever into the confines of the lower regions, never to darken your threshold of light again.

Your heart is the seat of love which seeks to manifest from each heart that beats on Earth.

You may dedicate your life to the path of love. Along this path your understanding of love will grow as it manifests around you. You can look for it in the heart of man, but you find it expressed more in its purity in a babe. This purity man is seeking to achieve once more and so attain perfection; through purity of mind, purity of body and purity of soul. This is a path that leads to unity with the Great Spirit.

Osiris spoke to his prophet that the prophet may show the darkened world that the light of the spirit seeking a greater purpose has never been dimmed in those who dwell constantly in the Wisdom of the Ages.

Osiris spoke to his prophet that the prophet may show those of the world that all have the spirit of love within their hearts and all may overcome the selfish desires of the physical life so this love may manifest.

The soul of each man struggles as the ways of the material and the ways of the spirit battle within the confines of the soul.

The vibration of the heart's love leads the soul to the vibration of the spirit and unity of life. The soul may then feel the spirit and be a part of its life, enabling man to reach ever higher.

The spirit teaches the soul knowledge of life. This knowledge teaches that the material is no measure against the spirit in the seeking of wisdom.

Osiris spoke to his prophet that the world of man would understand that in each heart that beats upon the Earth dwells

the spirit that teaches the soul of man that of the breath, love and knowledge.

These three things man upon the Earth calls life, love and wisdom. These three things are those pearls of truth that man comprehends through the process of purification. These three things man can find in his heart wherein dwells the spirit that teaches the soul in the silence of prayer and meditation.

In this way all who learn become prophets of Osiris and teachers of men.

Warrior of Truth

The Warrior, with his companion, Strength, is carried by the Winged Horse and he forges his life with his implacable striving for truth. When he sees the true face of the world and all who live there, although a deep sadness wells up within him, he does not falter one step in living the truth he discovers. This causes him to be alone for who can communicate with one whose mind comprehends only truth?

The gaze of the Warrior strips away all pretence in whoever who stands before him. Although he masks his eyes while he listens, when the Sword of Truth swathes in front of whoever who stands before him, the veil he has placed across his face to protect others from his naked strength falls away. Those standing before him fall down or quickly depart.

The Warrior for Truth travels alone. Even when in the company of others his mind focuses on a different horizon. Even while walking with them, in whatever direction they choose, he edges his way towards a distant horizon in a manner that others cannot see or appreciate.

Whomever he speaks to, whomever he influences, he does so to cause them to look at the horizon to where he is heading. He strengthens all he meets. He encourages all whom he speaks to. He lifts all above him, raising them on

high. He protects all with the power of his words and the strength of his arm. His influence radiates as far as his aura expands. This emanation moves with him wherever he travels, influencing all who come within its radius.

The Warrior for Truth is a light in the world for those who can see and for those who desire truth.

The Sword of Truth that the Warrior carries is kept in its scabbard under his cloak. Should someone attack an important aspect of the road to truth, without a second thought he unsheathes the sword and cuts down the lies to disable such speech. His strength, normally unapparent, in these times is formidable. In the protection of truth, the Warrior is not someone any man, woman or child would want to stand against.

As the Warrior makes his journey, he greets all on his path. Towards the end of his travels, as that distant horizon draws closer, he turns his back on all and crosses the threshold at great speed for his heart has never faltered. The blazing threshold is the culmination of all the truth he has discovered and lived.

He could not do anything differently. He could only be where he needed to be, then in the blink of an eye he is gone.

The Man with the Long White Beard

The luxurious, curly hair of the Man with the Long White Beard is the highest mountains. His face is the foothills. His long, white beard is the rivers in the valleys. He represents time, matter and space although he is from further afield.

His presence denotes wisdom and commands respect. Although he does not speak, he raises his hand to indicate a direction. What is sent from his forefinger produces a change in physical life.

The Man with the Long White Beard represents all that can be achieved in time. Because of this he is representative of learning upon Earth throughout the ages.

The Man with Long White Beard never loses any part of what makes him what he is. He keeps his hair. His skin, although rugged, is smooth and his eyes are clear. The Man with Long White Beard is ageless.

Impersonal Associates

I yearn to leave personality behind. It belongs to the individual I am as a created being upon Earth. Sometimes personality rises and looks for the welcoming warmth of a spiritual contact that is personal, not impersonal. Sometimes I welcome the comfort of a known, spiritual presence.

You are working where you are, and we are working with where we are. We know you and you know us, so we are never far away. We are aware of every beat of your heart and every breath you take because we are both travelling the path of the Warrior. The way of the Warrior has specific purpose.

Although he is travelling alone, at his back is the love, support and strength of all who are associated with this way. Our presence is rarely discerned because emotion slows the travel of the Warrior.

Our hearts beat as one because we bring understanding to people who are at the crossroads of learning with which we are associated. As you travel the breadth of your horizon you can see in the distance beyond, the future destinations of many people.

The way our presence comes to you now is the way of our future. We are part of you and part of each experience that can strengthen your soul so that what is within can be transposed into the goodness of the spirit. We bloom together. We shine a light together. This is the way of true love, so it is not personal.

Love is the greatest force within your soul that is possible to use. Some parts remain hidden and some parts lie just below the surface waiting to be revealed. Reveal as much of this true-life force that you can. Every minute of every day focus on this task as you lay a path with your words. When the time comes for people to read what you have written they will absorb its love.

This will encourage them just as my presence encourages you. Your presence, embedded in your words, can encourage people to find strength so they can change themselves and their lives and go forward, part of a movement that can change for the better, the way life is lived upon Earth.

We your teachers also lie within. Our presence blends with yours so you no longer feel a personal connection. We are a natural part of who you are because you have searched for the unity of life. You have sought to live this unity. You have opened your soul to make it a reality.

On Earth comfort is always personal, designed to make you the receiver feel better and the giver of comfort feel better. A personal agenda is needed and furnished. Impersonal comfort has no agenda.

You feel better but it is not an emotion. It is a feeling of stability in the unity of life. Your feet are planted firmly on the Earth, your mind is in the beyond and your heart is connecting the two.

This way leaves the personal behind. You are doing what you need to be doing at this time. Physical endeavour is challenging but because it is what you need to be doing your heart is peaceful and you feel the support of the universe around you and within you.

This is real comfort because there is no confusion about what you are doing or why you are doing it. You want good health to be in the whole of your life, not just in a part. When your Sifu Master left he had already drawn someone towards

you who could help this endeavour. The seeds of this goal were sown long ago but they have remained intact to now generate this reality.

Contemplation, which is communion with the One God, needs your physical health to be where it needs to be. God is a mathematical formula that has produced this descriptive word.

Mathematics and physics are the way forward for man to unveil the nature of the universes he is able to unveil at this time. God as an emotional term is not relevant to the mind of today. The nomenclature continues but is best used without the emotional connotations of the past.

Seek the One God in contemplation by seeking the Greater Life where everything already exists. Upon Earth the horizon is 360° reaching into infinity. This is only a small part of created life, but everything cannot be understood. Seek the architecture not the architect. You only have to want to unveil a small corner of life to be able to do so.

It is available for you and can be revealed. This is better than seeking some pre-decided definition of what you are looking for. When you reach into the architecture to find where you belong at this time you are reaching into the heart of where you belong.

Anyone associated with this corner of the universe and you can be revealed because you want to know where you belong at this moment. You can draw their light into the Earth so it can shine on where you belong in the physical world.

Your moment in the physical world belongs to one predominate century. The 20th century had a focus on advances in physical health, born out of the violence of the first part of the century. As you come into the closing chapters of your life the young upon Earth are becoming associated with mental and emotional health.

Physical health advances have already produced a longer life span, so the young have to find the way to live well with a healthy mental and emotional attitude.

We leave you with the feeling of being a star in a vast sky, a spark in the sun's rays, a drop in the ocean, a breath upon the wind and a blade of grass upon the Earth. Most of all we leave you nestled in the beating heart of the universe. Here you can draw in the love from the Association of Warriors and convey this love to all with whom you are associated.

Ever joined, ever one, we are united for all time. Continue the way of the Warrior with joy in your heart and strength in your step for the Warrior has courage enough to give to all who pass his way.

Real Reality

I close my eyes and I am happy.

Fully alive, alert to capacity, I reach for my heart's dream.

Not dependent upon sight, my awareness is all-encompassing.

I am home.

What is home?

Not the fixed abode so deeply desired on Earth.

It is a belonging that penetrates a vista

wider than any horizon upon Earth.

My heart's dream is my reality.

Free to be, I am in my deeper purpose.

Where am I needed?

What best can I do?

Belonging everywhere, with choice unlimited, desire is unselfish.

My earth self draws everything towards it.

In this reality I am part of an even greater reality.

I reach upward, earning my right of passage.

What is open to me?
The mountains of prayer.
The courtyards of learning.
The people of earth, whether here or there.
Work is everywhere, expanding my heart.
It takes me deep into the Greater Life.

I love life, but not the mundane, heavy steps of Earth.
I love the fluttering wings of the Doves of Peace.
They will descend to Earth once more.
Eden-Earth shall be once more.
A closer reflection of Spiritual-Eden.

I am a part of this Great Reveal.
Fully alive and excited I have deeper resolve.
Upon Earth I remember few who inspire this journey.
Here there are many.
Laughter and joy abound.
I am released from the sadness for mankind that enters my heart.

Renewed, I return to Earth.
Able to work hard I do what I can.
These feet are not my real mode of travel.
This I remember.

My heart flies free. My mind ascends. My soul knows.
Excited to experience this way of life, I remember.
My future awaits.
My love welcomes.

Part Six: Solace

Introduction

I reflect on the years of my life. Changes have entered my soul so slowly and naturally that I do not recognise the daughter, young wife, mother, lover or worker.

I recognise inner thoughts that accompany me every day as each morning welcomes a simple life, any excitement generated by inspiration.

This life is a blessing because it is privileged. Solace comes my way to prepare me for a new chapter in life that is to be called the DarkHour. What it has to give is not personal. Its impersonal nature places all people living united in the heart of the One God. Solace brings comfort as the personal approach to life slowly peels away to be replaced with the impersonal approach.

Resigned Heart

A resigned heart have I.
Reconciled with the Divine.
It heals me through the air.
It heals me through the sun.
It heals me through the water

I walk the shallows of the sea.
I breathe what the winds bring me.
I am renewed by the sun's rays.

The rich and famous are emulated, monitored and envied. Their positions are important and powerful because they make decisions that shape our society. No matter our personal opinions our thoughts of encouragement directed their way foster wise and humanitarian resolutions.

Letter to the Rich and Famous

Beloved, to most people upon Earth, you are the elite — the most fortunate, but do your hearts agree?

You have recognised your destiny and worked hard to achieve your goals, taking all the steps you need to take. To most people you appear to have achieved everything but in a finite world nothing is ever completed. Everything remains a step in a direction.

It is the word achieve that brings difficulty. Achieve implies that there is nothing more for you to do. It implies that you have reached the zenith and can rest. You know and we know that this is not the way the world works. This is not how life functions. There is always change that heralds more to do, learn and assimilate. There is always another mountain to climb.

In the early years your circumstances inferred a high position could be attained; a position that would highlight all you were capable of; a position that would bring money, wealth and ultimately power. Life travels in a circle. Your beginnings may be simple but in the achieving of your goals your life becomes more complex. Eventually your heart yearns for the simplicity of your beginnings.

Your heart moulds your journey, even while wanting to work with creativity along the way. When you focus on creativity rather than achieving public recognition, you are protected from many of the difficulties that life in the public arena brings.

Creativity is a pure goal, but it is not easy to sustain because along the way you can be placed in precarious positions. With public recognition many people focus their attention upon you. Their focus is fashioned by the way their hearts and minds work, whether their perceptions of who you are and how you function are correct or not.

Your only protection from this wide range of thoughts coming towards you is the way your own heart and mind functions. Should the majority of thoughts reaching you be encouraging and beautiful they are complementing and enhancing all that is encouraging and beautiful within you. You can maintain peace within. When your focus is on your public image that all the sycophants around you encourage, the majority of thoughts coming in your direction are of a similar nature. The nature of these thoughts reaching you makes it difficult for your mind and heart to work in a creative way. You become troubled within.

My message to you is:
Protect the citadel of your heart.
Protect the thoughts of your mind.

Over the years your thinking and actions change. Maturity brings a different focus to that of your youth. Today is a youth culture. All eyes are focused on youth rising in public recognition and achieving fame and wealth. The focus is upon them because people wish to be like them. It is difficult for youth not to be affected by peer pressure.

My message to rising youth is:
Maintain contact with reality. Maintain contact with nature. Maintain contact with a mentor — a mature and wise person who can advise and encourage you. You can then learn to protect your heart and mind so you can maintain pure thoughts and peaceful love.

My message to the rich and famous who are mature, is:
Recognise that your heart is not satisfied with fame and wealth. Always it seeks to return to its natural appetite for the love and philosophy of the Greater Life, often through Nature.

Maintain this perspective. Maintain a belief that you can put all you have achieved to good use so that by the time you leave this world you are happy to have been here and achieved what you did.

Just as it is difficult to be impoverished, it is difficult to be wealthy, famous and in the public eye. Both situations are extremes, and both are difficult to manage. The human condition should always be one of self-determination, so it is important to follow the direction of your heart and not the unwelcome advice of others.

You have a soul that has the wisdom of experience. You have a spirit that knows the philosophy of life. They have other tasks to achieve and they have little to do with earthly possessions.

What you achieve upon Earth does not always bring the joy and happiness that a full heart and a disciplined mind gives you. When your original goals are worthy goals, maintain their integrity throughout your life.

When your original goals are focused only on gaining a high profile and wealth, they are achievable goals, but they are selfish. They have a distressing effect upon your soul, heart and mind. Only you know what is in your heart. Listen to it because your soul speaks to your heart. When you remain true to what is worthy, you are fulfilled by your success in life.

In the abyss of current consumerism every person has a mandate. Every person needs to find the Divine within and apply its principles to every moment of every day. These principles can then manifest in worthy thoughts and actions.

To maintain a balance between earthly success and spiritual unity is not easy. In this you have our love, support and promptings should you wish them. Regardless, they are here for you, no matter what you do or how you live. Our hearts are always open to you, for you, Beloved, are in our hearts.

I wake up one morning with a lingering vision. Many people are making their way through a mist that fills their horizon. It is the mist of their pain and need.

Healing through the Heartbeat of the Universe

Feel the heartbeat of the universe and you know the joy of its love.

You know that all hearts need what the heartbeat of the universe emits.

Feel the heartbeat of the universe and you are peaceful, your joy growing.

Feel the heartbeat of people and you know they need healing. Their experience of joy is constrained, and their despair is great.

Your heartbeat is used to radiate the healing heartbeat of the universe to those in need — first to those within the parameter of your life then to all people on Earth.

You do not need to know people's pain or their need. You do not need to feel people's pain or their need. All you need to know, or feel is love — the coin of the universe. Love, and the joy that travels in its wake, pass through you on its journey to those in need.

Grief has lingered, still a part of me. Today I am shown that all I have learnt and done was given to me so I could have the life I have today — unencumbered, free and independent. I can write without interruption at any moment in time.

Time Span is my fifth book and I have just realised that I am a writer. What I write is not borrowed from another or taught by another. The words come through my soul, recovering and expressing what I am given from afar.

I could never say I was a schoolteacher.

I could never say I was a Tai Chi Chuen teacher.

I could never say I was a Tik Dah bonesetter.
I could never say I was a healer.
I could never say I was a speaker.
I could never say I was an acupuncturist.

I learnt all these things and they were part of my life, but they were shared with me. I was better for knowing them. I lent my expertise to them, but they were never mine. I was used to feeling this way. Today I realise that the writing and crafting of books is who I am. The message and the messengers who bring them to me from afar are lodged in my heart and soul, familiar figures from a distant past.

I no longer grieve but I continue to welcome the presence of loved ones. They encourage me in everything I do. For this I thank them.

Life may change direction at any moment, but I do not look for change or need it. Everything I need is in me. Doors open to my pen.

I recall the early writings — *The Torchbearer and I* Will. All they said has come to pass.

I have been born to write these books. For whom, I do not know. For when they are to be needed, I do not know, and I do not need to know. My task is to explain and encourage, every word an answer to some question I ask on behalf of others.

Distant Dreams

Distant dreams hover in the shadows of my mind. Part of life's distance, they occasionally share their tantalising presence. Drawn from far-off worlds and a distant life, they remain elusive and beyond my command, gracing me with their presence when least expected.

With their surfacing I am transported to their world. All that it heralds, treasured and stored, awaiting my return from what is called today.

Familiar

They stride into my home. Their presence fills my space and I am encouraged to be the best I can be. One stands ahead of the others, tall and commanding, a presence, a figure of authority.

We bring you courage because courage is always needed to face the dark hour. We are not promising the dark hour, but it arrives when the wheel turns. As with everything that is to be faced, better to be faced with courage.

Like strength, courage is silent. Not easy to understand, its presence is seen and felt when the dark hour is faced.

O sublime is life. O intriguing its facets.

A lotus flower which petals form slowly and slowly peel until all open.

You spend a lifetime building layers of understanding only to have them peeled away when a new stage of learning commences. Each stage requires courage because you are moving from the known to the unknown, daunting whether executed in a small way or a large way.

We partner courage with familiarity. Anything that is repeated is beginning the process of familiarity. It indicates the known. When courage is required the outcome is a new familiarity — a place where you may rest for a time with contentment until the new stage shows itself. After a period of time you move to a new wave of activity and learning.

The unknown requires courage. Courage leads to repetition. Repetition leads to familiarity. Familiarity leads to contentment. The circle is completed as the new becomes the old. To make way for another new it then has to be peeled from you.

Nothing remains constant because there is much to do in life. For this reason, we give you courage: courage in your daily life; courage in quiet times; courage in busy times. Always you have to be learning. Always you have to be active, mentally or physically. Always courage is needed.

As the body ages its feeling of familiarity changes. Until the new change becomes familiar courage protects you from fear. We wish to see fear driven out of every soul on Earth and fear replaced with courage. Life can be inspiring — anything and everything achievable.

They depart but their eminence lingers. Once again, I am left with the resolve to fully live each moment of every day.

Fear, I do not accommodate. Change, I embrace. Should I waver I can recall the essence of their Eminence. It has arrived at my doorstep to lift my aspirations ever higher.

Me upon Earth has to become *I am that I am*. From far above the stars it gives me a sense of elevation.

An enhanced awareness lifts me above a physical experience in less than a moment. Elevated I shall remain. With the help of those who take the time to come to my residence and inspire my learning, I strive.

All in life is an endeavour.

Weaving through Life
My beloved, be Divine.
Do what you need to do.
Live according to your own way.

Straight down the middle of the road is not for you.
Weave when you must.
Its forward momentum generates a cost.
No cost really, it is happily paid.
For it straightens into true direction.

The temple of the heart draws the outline of events.
The outline produces choice.

Experience fills in the picture.
Once filled choices change.
This is our weaving through life.

I know one day we will all rise out of the chaos of greed and pollution. I know we will all turn to wise counsel.

All philosophy has a spiritual foundation which is a circle of expertise. Accept spiritual philosophy and it can be reflected into every arena of physical life — the working life of the ordinary person, the intellectual life of the academic and the influential life of the politician.

Seer of Light

The garden of the soul is a place of beauty, planted by emanations of the Great Spirit. Here we talk of God. Here we heal the mind and body. Here we put the lived experience of physical life into perspective.

Who am I?
You are the warrior, able to fly from your real abode on the winged serpent and deliver our message to the Seeker of Truth.

I see this abode in iridescent blue light, the colour of spiritual inspiration, depicted as the Warrior who speeds through physical life intent on delivering its words.

I see the letters of the words racing through the eye single into my mind. Golden in colour each is a gateway to a spiritual philosophy.

The surface of each philosophy is delivered for all who want to proceed towards God. Beyond each gateway the letters are silver for the soul and gold for the spirit.

Why am I here?

Your presence is a symbol of hope because you can light the path out of ignorance. Initially the path was through the spoken word, but with the likelihood of non-acceptance, the words are presented in print — another way to reach the soul seeking a path out of the darkness of anger and hatred.

How much time do I have?

The egg timer shows black sand in both cups so there is no need to hurry.

There is nothing in the iridescent, blue garden of the soul to distract my earthly eyes. Blue is a veil behind which stand my teachers. They are the colours of my life, no personality needed.

The Seer of Light uses these colours. The Prophets of Doom cannot. In these times the Seer of Light on Earth can urge men forward through the iridescent blue vibration, symbolic of the Word of God. As the green diminishes upon the Earth through man's folly he can live through the blue vibration of God's word.

Light Shed

I came down from the mountain top to lead you into your work that is to open the door to a light that comes from the dawn of time. This light is a memory in your soul of greater days, the time of man's first venture into physical life.

Your mandate remains, my beloved. I lead all who seek my direction. I show all how to strip away everything that has clung to their souls since their first breath was taken here.

You have much to learn about your will, your beliefs and your love. They will peel from you in the Dark Hour. You can then make that final turn towards the Beloved. Uncovered and alone you go to God.

The light I bring to shed on your work is to show you its worth. People need small steps, small beliefs and small understandings. These can take them forward into the deep.

What are these steps?

- ❖ Life goes on. How and in what way determined by each person.
- ❖ God, beyond name or description, is acknowledged as the ultimate goal.
- ❖ Focus changes from physical to soul to spirit.
- ❖ Guidance from wise beings beyond time is aspired to, sought and gratefully received. Not given to ease the mind, heart or soul, this guidance wields a sword that cuts away what needs to be cut away, exposing what needs to be transposed.

The time after learning with this light is the way of the Dark Hour arriving after all that has been learnt and understood is stripped from the soul that then uncovered awaits the call. It is taken down another path towards God who is mysterious, hidden and beyond finite understanding.

A filtered ray of light from the Great Spirit brings you what you need. It shines on the spirit to influence the ways of man.

Unseen or comprehended this light is veiled, out of reach, but there is a way because you come from this light and to it you will return.

As each road is completed, its knowledge and understanding is discarded. Only the increase of love remains on the new road that follows as night follows day.

Just as the body becomes attached to what it knows, so does the soul. Each new step is taken fresh and uncluttered by any influence to reach what is darkly invisible now.

Suicide is widespread, even among the young. An unseen dilemma of our society. I wish that all would-be suicides could realise that only what we learn from living is important. The time is over quickly and no matter our difficulties all we request does come to pass.

We just do not know the timing, but our goals need time and our presence to manifest. This they will do even though the season of their flowering may be after our time.

I Want to Die

I want to help you but whose voice do you listen to.
I want to show you another way, but you do not believe there is one.
How can I make you understand that your present view of the world is not the only view you can have?
How can I make you see that all life is precious, including your own?

When did you first see the world as a dark place, best vacated?
Was it another who showed you this view?
Was that what you were offered by those who cared for you?
It could not have been what you wanted.

Did you have the chance to learn skills to communicate what you did want?
Do you cling tightly to the way you have already accepted?
There is always another way.
It takes time and hard work for it to become familiar.

Your despair, loneliness and poor self-image are a reaction to what you are seeing and hearing. Even though what you see and hear seem real, they are not your only reality. You have been given life so you can discover its joy and happy energy. They belong to hope, the other side of the coin of despair that you always look at.

I want to help you find hope. I want to help you find the work you would like to do — work you could come to love. I want to give you the skills that allow you to experience joy in work well done.

When you start what you would like to do it is hard because you know nothing about it. I want to show you how to learn. You can learn new ways. They become new habits. With new habits your old views and habits fall away from you, no longer a part of who you are.

I want to show you how to make mistakes without getting upset. I want to show you that your mistakes teach you to try another way that can give you a better result. I want to show you how every person on Earth makes mistakes, even those popular people who seem to rule their world.

I want to explain that to be special is not really special. All people breathe air, eat food, sleep, wash their bodies, keep warm and go to the toilet. No one can do these things in a special way. When people act as though they are special, they are looking for admiration that is not earned.

I want you to learn how to admire your own efforts, especially when they are difficult to implement. I want you to learn not to measure your efforts as success or failure.

You are breathing so you are a success. Please keep breathing. Slowly you can learn how to see beauty in this world. You can learn to hear only encouraging words. You can learn to taste the sweetness of what grows for your food. You can take the time to smell the perfume of flowers and touch the textures of nature.

Escape the city. Look to nature and you will find what is inside yourself. Be kind to yourself and you will learn patience. You need patience because you have to wait for a difficult time to pass. Do all these things and you will change. You will find renewed purpose. You will find a goal. You will no longer want to kill yourself.

You have heard people say you do not have a talent, but you do. With it you can achieve what you think you cannot achieve. Your talent belongs to the hidden dream inside that no-one has encouraged you to draw on. I want to encourage your talent. I want to encourage your dream — not its success, just its presence and your efforts.

I believe in you. I want to teach you to believe in yourself. I have many thoughts to share with you. They can replace the thoughts of despair that you think. Those thoughts make you feel heavy. They cause you to shrink. The thoughts I want to share with you make you feel light. They cause you to expand your chest and breathe deeply.

Your past is no longer important. It brought you to where you are now. Do you like where you are now? You do not need to keep remembering the past. I want to show you how to construct a new place that you like so you can move into a new future, one that has hope in it.

I want to teach you about hope. Hope encourages. Hope shows you how to act. Hope believes you are capable of something. Hope believes in now. I want you to believe in hope. She is a forgotten virtue that people do not talk about.

A young man is struggling to find a new direction.

It is strange that we struggle because the direction of our lives can always take a new turn. First, we have to put the wheels in motion then we have to wait for the turn to be completed. We are so used to always being pro-active it is easy to forget that patience may be needed in a time when

change has been called for. It may be coming in an unexpected way.

I ask for guidance for him. I receive this vision and the words follow.

Adrift

My coracle is sinking, and I am adrift on a swelling sea, lightly attached to an oar. I do not know where I am but when the ship went down the coracle and I found each other in the turbulent seas.

I am young, in my prime, a strong swimmer so I can survive. Hope has always been lodged firmly in my heart so I know I have a future where I will flourish.

I do not know where it will be but where-ever it is I will adapt. My home is far behind me, as are my parents and family. I am not likely to see them again as in this year of 1630 it is not possible to reach a desired destination.

As I drift, I ponder on how my life is to be because this turn of events was not planned. I am in my 16th year so I am fully grown. It was time to leave my parents' home and this I did. My eyes have always been on a distant horizon and the adventures it represented. Not for a moment did I think this horizon would be an unknown destination.

The tide is taking me towards land for which I am grateful because I am too tired and thirsty to swim. I will if I have to because the seas are not as cold as those in the northern land I come from.

Their warmth has kept me buoyant as has my desire for a future, known or unknown.

There are people on the beach, so this land is friendly. I will have to make it my home now. After I leave these affable seas, I will not think of my parents again or the life they gave me. They taught me how to enjoy love, work and play so this is what I will take of them with me.

The sand feels firm and safe, but I am so tired I cannot lift my head. Gentle hands are tending me so I know I can adapt to what they offer.

My heart is reaching with thanks towards a God of kindness. I will continue to worship him, but I will do so in the manner of this land. My heart is also telling me that one day, in my latter years, a ship will come but I will not want to return with it to the land of my birth.

Twenty-first Century

Down through the centuries of recorded history men and women have sought God to give meaning to their lives. They had little time to spend on spiritual ponderings, so these practices were organised by the religion of the day.

Life was physically demanding, and their life span was short. They turned to God in search of relief from their pain and suffering. Although the Wheels of Justice ensure that what is owed is repaid karmic debt can be resolved through the positive side of this Coin of Janus. By living well with unselfishness and taking care that the production of benefits goes to the human family of man, the credit side of this Coin of Janus outweighs the karmic debit side and the Scales of Justice are balanced.

There is a new dawning in the 21st century. Short life spans that had to focus on maintaining physical life have become longer life spans. People no longer work just to survive. They have hours of leisure, unheard of in past times when there were usually only one or two holidays a year, usually religious.

The wilderness has become cities. People roam freely from one end of the Earth to the other. They have time for spiritual pursuits, but their constant movement makes them restless. This could be a time for self-education and discovery of inner worlds through solitary research but the effort of

applied focus that builds a path out of ignorance is so often absent.

In the beginning was the Word and the Word was with God and the Word was God. Bible: John 1.1.

These words are the blueprint for men and women upon Earth. They indicate that thoughts and words create.

The task of all people in the 21st-century is to construct a path that leads humanity out of ignorance, poverty, hunger and violence.

The first step is to think happy and peaceful thoughts. These are the thoughts that build a constructive and peaceful life. It is not a life that that is free from difficulties. This is impossible upon Earth. It is a life that promotes courage and resilience so that in difficult times the way can be negotiated safely.

Peaceful thoughts construct kindness and compassion for others and the environment. As more people think these thoughts more of these thoughts travel the globe. Where they are predominant a new foundation is constructed. From it a new Earth can evolve in following generations.

Political leaders can come together in this way to work globally. This is the new way for a new man to emerge. This is the path of hope.

It may seem that one individual is too tiny to make a difference, but he does. One small step is the first of many steps. Other people are intrigued by an individual who lives, thinks and speaks peacefully no matter what problems he has. People want to emulate this behaviour.

This way of the individual can grow to become the way of the family. This way of the family can grow to become the way of the town, city, country and eventually the world. This is the time to start. This is the common task for all people of the human family in this century; in every century.

You Within

Eyesight is a treasured sense. Everything the eyes see registers in man's memory as pictures. Never satisfied he continues to look for more stimulating pictures to put into his memory. The pictures he chooses replace those that have faded through his lack of interest. Both beautiful and ugly, all these pictures confirm for him, his existence.

There is no record of the existence of most people, yet many millions of people have lived upon Earth. The likeness of only a few have been painted or etched.

In modern times the discovery of photography and moving pictures confirms the existence of many people. The cell phones of today allow the common people to register and immortalise the individuality of their existence. This Age of Aquarius continues to make available for the many what was once only available for the few.

Man likes to look at pictures of young people whom he knows have lived their lives, grown old and died. Although this can sadden him it is as though the philosophy of immortality that applies to the soul is applying to the physical body through these photographs and videos. It is difficult to look at them and not see the people in them as still living.

The importance of eyesight belongs to physical life. When the Seeker of Truth wants to register himself or another as existing in the Greater Life, he does not do this through eyesight because in spiritual worlds linear vision has no place. Spiritual perceptions are only used visually to relay information to the physical mind.

How is this done?

I know you and you know me. My presence is within you and I look out through your eyes, colouring the physical world spiritually. When you connect with me a spiritual part of you enters me and registers my existence in this spiritual world.

Through my perceptions this is relayed to you as existing within you through your spiritual perceptions, colouring your view of physical life as intertwining with spiritual life.

This is not achieved through eyesight. It is achieved through a blending of our spirit lights which are the common ground within our souls. This blending is greater than any vision which can only register our physical or etheric forms.

Who I really am lies within you, and you know its expansion as spiritual qualities e.g. caring and unity? When you feel me as further away this really means I am closer — within you. Not reliant on eyesight, you have embraced my presence. This is the way of spiritual unity. This is how we are all one. This is how you are never alone or forsaken.

This you can tell the lonely people of Earth so they can have renewed faith, hope and love when the events of their physical lives seem to have removed all three. They can then know that someone is within them and bringing these gifts to them once more.

This is not so difficult to understand because all people already host other life forms within them e.g. bacteria.

A heart as big as the universe overtook my vista. Sending words and so much more, they all flowed into my heart. With enlightened beings on our side there is always hope for humanity, no matter what people do to each other.

Love of Humanity

I love humanity with all my heart. Humanity is alive within me, a part of me. Seemingly separate, it is not. Love flows eternally between all people wherever they are, so humanity is part of the love that is me.

When you look at people with your heart you can feel what I feel — the living phenomenon that is love. It breaks through physical boundaries and connects people to each other.

The beating hearts of all people match your own because everyone is aligned to the beating heart of the universe.

Every glance of love becomes the memory of another's action and stance. It bonds the one behind and the one in front to you for ever more. When your memory of the look and thought of another fades, it still exists. The thought is alive. The memory is alive. The action is alive because they are the glue of love that bonds all people. They reinforce your own actions and influence the actions of others.

Everyone can do and feel whatever one person does so there is no real individuality. When you slip into the shoes of another you know this. Look at all people with a gentle heart then only the gentle heart will look at you.

My love is my eternal communication. Because you are of me it is your eternal communication. When your glance carries my love, others are strengthened by it. People who work for the good of humanity and people who do evil acts seek love.

They do not always understand love's nature, but they seek it because everyone wants to feel and retain its experience. Pen my love into the words you write, and it will enter their hearts of the people who read the words.

My way is of the highest, and so can yours be. My way inspires you to look and be of the highest and you can inspire others to be likewise. I love all humanity. You receive this love, so you can love all humanity.

When you look at another person you can feel how I love him. Each member of the human family is of equal stature. Each is full of promise, ability and potential.

When you love another truly you can love all people truly — those who are easy to be with, those who have unpleasant personalities and those who are struggling to maintain their humanity.

Send my word of love to the nations so all men and women can become aware of how to love — by accepting the

individual requirements of each person, by not desiring anyone to conform to an idea, by not controlling the life of anyone and by not forcing anyone to bend to another will.

Love is content for all people to be as they will, worship as they will, love as they will and live as they will. As more of my love is revealed, people give more to humanity.

This is the only way to eradicate suffering. When a person contributes to the suffering of another, he needs more love to open his eyes to what he is doing. He needs more love to be able to change.

One day when he is tired of experiencing the suffering, he has inflicted on another he will open his eyes and he will change. He may be slow to do so, but love makes it possible.

Whatever exists in the world does so because of either an abundance of my love or a lack of awareness of my love. It already exists everywhere as a layer of goodness lying over the atmosphere of the Earth, permeating the whole world and all who live upon it. All that is needed is man's response.

My love is the essence of creation. It is especially the essence of humanity. This is why I love all. This is why I ask you to remember that you also love all.

Guardian to my Soul

I have travelled a distance. I have come to that place where my soul seeks only what is of God. I will change the memories of my soul so only those remain that are of God and what he sends to me through others. This commands the quality of my future thoughts and actions.

I empty my mind as my soul commands. There is nothing in my life on Earth I need to remember except what is to travel with me when I leave.

You may tell me what you will, and I will rejoice in your experience of it, but I will not retain its impact unless it pertains to teachings of truth. When messages come for me to

write I will remember everything forever when they come with joy, love and a sense of wonder for God.

I am not losing my memory. I am selecting what to remember. My named self is unimportant as are as its experiences. I only remember my named self when I look in the mirror. Even then I do not look closely. You see my face more than I do, so you know better than I what I look like.

I see your face, but it does not register as a memory in my soul. What does register is the radiance of your spirit, the kindness in your eyes, the untapped love, the reaching for what you do not know, and your confusion about what is important. The things of your spirit touch my soul. All this and more I see clearly and fully. They are in my soul to be remembered should you need me. Should you never need me the memories of your physical life will disappear with those of my physical life. My will plays a part in this for my will lodges in my soul.

I am in my latter years so my life on Earth is not so important. What is important is what I can do for my soul in these remaining years. I will confront my will, discard what applies to my fading, physical life and strengthen what is reaching for God.

As my soul empties of all that does not belong to my future journey, the space will be filled with what life has in store for me. What I can do is discard the unimportant.

When I receive directives on awakening from my night's sleep I follow. I may have planned an outing and on awakening not want to go. I do not know why so I wait. A reason always surfaces.

Directives are given without description, so I do not add or take anything away. They are what they are, and I do with them what I must — no thinking required, no questions asked. With memory selection and applied will, thinking becomes redundant. This leaves my heart, the Resident Palace of my

spirit, as the liaison between my mind and soul. My soul will accommodate the joy of life that arrives when my will reflects Divine Will. As I experience more the personal recedes.

O heart of mine, O crossroads of direction, inspire me with your openness. Love my objectives. Encourage my efforts.

I am not yet united with the Greater Love, but at times I feel it to be so. I am not yet disassociated from the Earth, but at times I feel it to be so. I am able to call on any memories I have discarded. But first I shall seek the answer of my heart concerning this choice.

For now, I follow the Way because I have your blessing. You have accommodated my every directive with your presence. You have sent me teachings when requested. All has come through your door first then straight to my heart. Between both has always stood the Guardian to my soul — he who firmly signals his command.

Weaving the Dream

Physical life is called an illusion or a dream because how it plays out comes from a construction in the mind beginning in the early years.

The young child observes and copies as he makes his way through his limited world. He quickly learns how to construct this world to his liking. The way he does this affects how his personality develops and the way his character transpires.

For example:

A child learns to be kind and gentle, but others bully him. This upsets him because he does not understand why kindness and gentleness are not returned. Through repeated similar experiences he learns that others are not always kind

and gentle no matter how well they are treated. He is learning that people have different characters.

The reality of kindness and gentleness he constructs in his mind does not match the reality he is experiencing. His reality is a dream. When the other players in his construction do not do as he has dreamt they will do, he reacts by dreaming a new reality.

New thoughts and different emotions build different dreams, so his dream realities become multiple. As these dream realities oppose each other in life negative reactions are born. Blame is allocated because self-analysis has not been learnt and practised.

His upset leads to dysfunction. Over time this dysfunction spreads to the physical cells of the body and poor bodily function is generated. When continued, this leads to disease.

Today's individual is living his dream. He can go where he wants. He can do what he wants. This he can do in his hours of leisure which are extensive. He is entertained and when he is not entertained, he is entertaining. He can build his life around this activity. He is living the dream he has created.

It has grown out of the foundation of what was constructed in former generations. In this present climate the individual thinks it is his right to do what he wants when he wants.

In history this situation has heralded the downfall of civilizations. People no longer used their integrity to construct a place in the world for themselves that contributed to the advance of a civilisation.

How is the dream created?

Words are powerful. They grow out of thoughts which are powerful. The desire for the type of life an individual wishes to live, is born first in his heart, then in his mind. He then works towards making it a reality.

Without him realising it, withstanding karmic dues, he has constructed the life he wants with his thoughts. Should he have thoughts that reiterate his belief in himself and his ability to achieve the lifestyle he wants, through his own effort he succeeds to the degree of his ability.

Should he have thoughts that promote a lack of confidence and an inability to see that success in any venture is possible, he will not succeed until he changes these thoughts.

Should the individual become dissatisfied with his lifestyle, by changing his thoughts his lifestyle can change. Depending upon the power of his thoughts, the time difference between thought and a physical result can be a short or a long period.

The dream constructed in the mind is best built with thoughts of how the individual can live without becoming attached to how others participate in his dream construction. The dream and his physical life can then harmonise. These are constructions that come from his soul's reality and the path it builds.

Dream construction from the soul means that others can only participate in the individual’s dream of life when their dream matches his. When their dreams do not match, he carries on living his own dream without them. They then leave his physical life and move onto pastures new. This the individual can understand.

This is a healthy way to live with relationships because all relationships are a result of the individual’s interest and effort in constructing their reality in his mind first. Initially the desire man had to exert his own will in creation brought about karma.

It caused the physical world to be the way it presents today. This principle continues to apply. When the individual creates a strong desire in his heart for life to be the way he

wishes it to be, through thoughts it comes about, although not usually in the way envisaged.

Ancient wisdom has always seen physical life as an illusion — man's dream. The idea of physical life being a dream and an illusion is because man is unable to create life. He has no power of creation apart from changing the circumstances in his life which he brings into play through his thoughts.

It was not intended for man to live a physical life. It was produced in the byways of his purpose and has since so consumed him he forgets his true identity. He forgets his real home. He is confused about why he is here, how he can leave and where he is going.

What he creates is an illusion that only changes what is already in place. Is the change man creates for the better? How much happiness prevails in those who can do what they want when they want?

How much compassion, understanding and aid is given in times of need when it is inconvenient and at cost to the individual? In every country individuals live different lives. Some live-in poverty. Some are wealthy. Some eat rarely. Some indulge in every taste that takes their fancy. For each, his health is the result of not only what he eats but also what he thinks, what he feels and how he lives.

Each person is born to the circumstances he is born to for reasons we do not always know. The world is like it is because of the thoughts and dreams of individuals in every country. These thoughts en masse affect the environment, weather patterns and the animals, plants and minerals living in it. They affect the survival of different species.

People often say one thing and mean another. How many would like another to be able to read their thoughts or does this ability fill them with horror? Do they want what they really think to be displayed for all to know?

When the true nature of the heart reaches the mind those are the thoughts that construct the individual's life. The individual is living his own dream of life and it is a personal affair. In this way he is being true to himself whether others approve or not.

In what direction are people moving today? Are they contributing to an illusion of happiness that they have been fed? Are they seeking for an answer to their lives that does not involve money and power?

Life on Earth is fleeting. There is so little time to create something worthwhile outside self-interest.

How many people know how to create happiness? How many people know how to be peaceful? How many people can control their emotions? How many people recognise hope on the horizon when they seem to have so little?

How many people know true integrity? How many people can speak honestly with their heart and not be judged for it? How many people can continue to be who they are no matter what is said or done to them?

The illusion and the dream are only here upon Earth. The reality for humanity are the places people go to when they leave the Earth.

Where can people find their answers?

How many people look to God without wanting something?

How many people feel humbled with the idea of God and so do not feel entitled to ask for favours?

When God is not fashionable people give no thought to him. Religion can tell people what to believe and how to believe but that takes away the individual striving for the inner truth that is different for each person.

Infinity, immortal and eternal exist in the mind, but people do not know how these concepts play out. They are words that

have no meaning for most people. The first step is to find out how these words apply to the individual then learn more about them.

There is a doorway in the sun of my mind. It is hard to open, and it is hard to go through because it requires me to leave behind, all that belongs to the Earth.

Better this journey is begun while upon Earth instead of waiting for it to commence with the passing.

Better to look at the distant horizon and reach for what is beyond. Better to gaze at the stars and seek the infinite journey that is elsewhere.

Better to build an expansive heart that embodies the light of God towards whom all are travelling.

Better to build the apparel that that must be worn so contact with a greater light does not harm.

Better to transform the soul so that more of what is good can travel onward, all that is dark transposed or erased from the heart and soul.

There is much to do in the shattering of the dream and the illusion that is this physical life upon Earth. As the individual continues to dream his life it is better that he wishes all people well.

Eventually the Greater Reality will become the reality of all people, a place in which they effortlessly care for and love all who are weaving their way through it — with or without them.

As the Master said in the bible: *I must be about my Father's business*.

Karma and Destiny

Any connection with God is not easily accessed because everything in physical life inhibits it. The emissaries and intermediaries come to your aid. Your thoughts to God are

directed through them. Their eminence extracts the sincere, pure and simple from your mind and heart so they may ascend as your heartfelt worship and love.

Everything else remains where it belongs — in the finite physical world. Your learning in life can be impersonal or personal so your connection with God can be impersonal or personal. The personal approach to life is easier because it defines who you are and corresponds to what you can accept.

Karmic dues are personal. You gain knowledge of them through your five senses and the events of your life tell you what they are. When your relationship with God is a personal one it is because it fits in with the life you have constructed. It fits in with the way you want and can live.

Impersonal learning in life is philosophical so is more difficult to ascertain. It has a foundation of truth that is accessed through your soul's intuition. Through it, when your heart expands to accommodate it, you can come to know your destiny. Physical life includes karmic dues and a destiny. They could be viewed as the two pans of the Scales of Justice.

From a young age you become aware of the difficulties in life you are to face because the circumstances of your life cause their presence to become known to you. These difficulties are your karmic dues.

Your way becomes clear when you face them with courage, not allowing them to mould your personality or affect your character. How you do this determines the way your future opens up. No events on earth should be allowed to influence your character.

When you bury your awareness of karmic dues and destiny your direction seems unclear. You become confused about why you are on Earth and it becomes difficult to settle anywhere peacefully.

Knowing how to live with intertwining karma and destiny fosters a productive journey through life as the pans of the

Scales of Justice rise and fall according to which is significant in any moment. The impersonal approach to life leaves no room for self-pity or the bewailing of the fates of life.

You may say,

These are the things I must endure and endure them I will. By doing so they will pass. Should my character remain intact and the goodness within me continue to shine, these circumstances will leave me forever, clearing the way for me to construct the life my soul wants.

How long karmic dues continue depends upon your approach to them and at what age you become aware of them. By the time you are fourteen your inclinations in life are already determined. The seeds for the way forward have been planted and you have experienced the germination of some karmic dues and parts of your destiny.

This is the time to nurture intuition, the voice of your soul. What you learn at this time affects how karma and destiny are going to accompany you, in a greater or lesser degree, for another fourteen years.

As you reach your thirties you reflect on your life and who is in it. You deliberate about the life you would like to live but deem impossible. You choose how you are going to live, whether or not you are aware that this is what you are doing.

This is the time to call upon the qualities of your character. This is the time you need courage, determination and love. They can drive you forward towards opportunities which will release you from the grip of karmic dues, even as challenges, obstacles and difficulties continue to present.

Karma is interwoven with destiny. Recognising and dealing with karmic difficulties at an early age and becoming aware of how you want to live lead you to opportunities that allow your destiny to reveal itself. The timing is individual to each person.

For example:

As a child you live predominantly alone with your thoughts and perceptions of life. By the age of fourteen this tells you that your destiny is to be achieved alone, when this is to be so, regardless of the people who weave in and out of your life.

Those who are destined to encourage you present for a time. All others oppose you. You learn how to live through karmic dues without allowing them to have too great an impact. This encourages your destiny to reveal itself. Over time the pan of karmic dues weighs down and the pan of destiny rises.

For example:

As a child your family may be splintered and chaotic. By the age of fourteen you rebel. Your circumstances contribute to moulding your personality and your character remains hidden. Destiny is unrevealed.

By your thirties you reflect upon your situation. You may realise that the nuclear family life is not part of your destiny. You continue forward as opportunities present, karma and destiny interweaving with each other.

Your character reveals itself as your awareness of spiritual values cause the residue of karmic dues to slowly disappear into the mist. Destiny then becomes significant.

Difficulties continue to present until you understand why. Really these difficulties are only a small part of life, kept alive by thoughts focusing upon them. As you focus upon what is really important, destiny, the energy of the universe constructs according to that focus.

What is your destiny?

Destiny is your contribution to the goodness of the Earth and the people upon her. The way your soul can achieve this comes with your entry to Earth. It comes from the greatest

desire of the true heart, the heart of the infinite world, the pulse and beat of the universe.

Destiny becomes clear. Events in life present to strengthen the character that can promote it. It is individual and may or may not be acceptable to those around you, but this eventually becomes a minor concern that fades away.

Reflect upon your awareness as a child and you will see that the seeds were planted in childhood. Your view of the world and the people in it at that time told you the people you can and cannot associate with.

All through life only those people who are good for you should be allowed to approach so that destiny, regardless of what it is, can reveal itself.

Karmic dues faced remove the veils from your soul to expose your destiny as its steps develop your character. They cleanse your soul by introducing purity and simplicity into your life. When you need guidance, it comes. When you need courage, it comes.

Destiny knows only the joy of spirit and the all-encompassing love of the universe, so you turn your face towards God. The importance of physical life retreats as a new world opens, brought to you by emissaries and mediators between finite and infinite worlds.

All souls are fragments of a Divine Ray of Light, so you are greater than this one life. Each soul is held in the palm of an overarching Lord who commands its performance. He places each soul where it needs to be and ensures that all events needed to produce to conclusion the greatest destiny possible, are presented. Should the once envisaged outcome not result, another life and another place will present opportunities once again.

Divine Relationship

On its own no relationship remains constant. Always a relationship is changing into something new. You can have a relationship with the Divine by seeing the Divine in all relationships. This allows them to evolve upward through the process of change, so noticeable in physical life.

Eyes that see the Divine within the beloved see greater beauty emerging. It is the beauty of the spirit, everlasting and constant, already mature.

People can encourage this revealing in each other. By nurturing the qualities of the inner spirit as they change, and change they must, it will be according to Divine ordinances. This produces stability while the wheel turns and the opposite presents, while compatibility flees, and a power struggle ensues. In a relationship one person may become dominant and the other lose confidence because he bows to another's will.

The Divine, not necessarily recognised as such, is in all life upon Earth. It is conducive to becoming the best possible person while wanting others to have opportunities to do likewise. There is no desire to control so there is no dependency.

There is not even co-dependency. Individual spiritual purpose is encouraged so love flourishes and expands. Self-love and the resultant selfishness is eliminated.

New ways can always be learnt. Happiness and a calm environment can always be fostered. A calm attitude minimises the habit of worry and promotes patience. When personal will is not a major consideration, good timing is recognised.

Caring for the needs of the others brings a like return when it is important but when cherishing departs, the time together is over. The door that had opened to love has shut. Love is

being replaced with bitterness, whether there is a parting or not.

Relationships that have a strong Divine connection continue after physical life, all others serving a short-term purpose.

Relationships with a short-term purpose can be successful in their allocated time span when the reason for the relationship and awareness of its ultimate end is accepted, whether this is desired or not. Any resultant bitterness comes when the nature of the relationship is not understood.

In this situation each person comes from a different perspective, natural to each. It is the best perspective possible at the time, but it produces a limited time span.

Here and Now

We are born now. This time dictates the type of life possible and the personality that is suitable. Both allow us to fit into the culture and society we live in, but they are not part of our real selves.

We do not need to decide what we have to do to gain eternal salvation. That door is open for us regardless of what we do.

For example:

Whether we eat meat or are vegetarians neither will inhibit or advance our progress towards eternal salvation. The bodies we have come from either a line of meat or vegetable eaters. There is little we can do about this without impairing our health.

We view religious practices as bringing us purposeful lives that lead to salvation, but current religious practices are considered worthy only because they are current. With or without them our course is set.

Something about this century has piqued our interest so we wanted to come. What we can do for the greater good draws us to this time. What others contributed in the past has caused societies, cultures and civilisations to become what they are today. We have already played a part in this and today we are continuing this mission.

View life as larger than this one life and we will no longer want to focus upon ourselves — how we are and what we are doing. Our individual personalities and beliefs are unimportant until they contribute to the goodness upon Earth. When we leave our individual personalities drop from us like the cloaks that they are.

Focus on individuality and we become self-absorbed and believe ourselves to be important. Focus on the well-being of the whole Earth and all people and we construct a better time and place for human beings to come to.

Hope for the human race rises, displaying love for the family of man. Each segment of the orange has to be healthy for the whole orange to be healthy and nutritious. We are food for the Earth because we are biodegradable.

We came from a tiny Earthly seed and return as a few particles of ash. Scattered on the wind we disappear because this is not who we really are.

All that remains is the faith, hope and love we nurture. They are important because they contribute in a good way to the thoughts and actions of all people. They attract others towards their practice. They are worthwhile thoughts that inspire people after we have gone. Love supports others. Faith strengthens others. Hope encourages others.

An individual life passes quickly but the life of the human family continues without pause. By making our one life the best it can be we are contributing to the upward movement of the human family. Souls coming here after we have gone will

be nourished by our goodness. This is vital work because it contributes to the banishment of greed, poverty and violence.

Seeing the Divine in all our relationships may be difficult to live but it is less difficult than the way of the selfish heart. The heart calms when it knows it is an important part of something greater than this one life being lived today.

Time of the Heart

I do not know my soul. I cannot fathom my spirit. The Divine Lord is so far beyond my comprehension I cannot say I know him. These matters I cannot comprehend are the only things that are of any concern to me. There is a new journey ahead so I may understand my soul.

I know with certainty that these matters are bound up with love and love is bound up with humility. I surmise that love and humility create a corridor through which I may travel deep into my soul. Who knows? It may be possible to travel deep into my spirit and then to the outskirts of Divinity where I wait and request entrance to its vastness.

This is the time of the heart.

What can be achieved in this physical life, I do not know because life is a strange story. Physically I am here. I live upon Earth as a human being must. I go about my tasks of eating, sleeping and moving but my heart is not completely here.

It has travelled in the tail of the comet of the Magnificence and is reaching for a greater destination. Only its shadow remains here, beating within the body that allows me to live upon Earth.

My heart yearns. This yearning is a gift from the resident of the Palace of the Spirit that also motivates my soul. My yearning signals the presence of a Greater Life. It interprets glimmers of eternity I am given while I am here, as are all who

yearn. I can only interpret these glimmers as love as it has already been experienced.

Once love is felt in any of its forms the heart wants to repeat the experience. When it is felt as a desire for physical things, this reflection of its real nature is a first step in experiencing it. It then reaches out to a person, all the while reaching into the Greater Beyond to return to its source, the majestic Divine.

Known first through the body and the things of the Earth, love's reach is then experienced in creation. In this, nature rules, but nature is not a God. It is a created being as much as are human beings. Unlike people nature does not know choice. It does not know freedom. It does not have knowledge of good and evil.

Nature exists in its simplicity according to the cycles of life that are its laws. By living in its simplicity Nature shows its beauty. As consciously aware human beings everyone can perceive the good that is in this beauty. Everyone can also see the dark side of nature and are aware that it is best avoided.

O heart of mine, as you display the first step I must take in this journey I have planned since my earliest memory here, be guided by my spirit. My soul has much to do but its guidance cannot be relied upon.

I keep my heart pure. I seek for it to be empty of anything other than goodness and the striving for this particular journey. In this I rest and wait. My waiting is my prayer to the Divine.

I walk the shallows of the beaches. I watch the waves pounding the shore. I see the sands shifting as tides move them in and out. They move because of an outside force. I cannot help but think that we are all grains of sand on the beach.

We are all moved by a force that takes us to places where we can learn more about our heritage.

Should this be a good analogy I must accept humility because one grain of sand on one beach is so tiny yet the majestic Divine knows the heartbeat of all grains of sand on all beaches.

The vastness comprehended in physical life does not even touch the vastness of the space beyond the places our telescopes can reach. Vastness belongs to infinity, a concept too immense to grasp.

How can I not be humbled? What is more overwhelming is the fact that each of us, likened to a grain of sand, is so important to the Divine that he has created a way for each of us to return to him.

He feeds us with little bits of his awesomeness wrapped up in love. These we have to reach for. We do this by beginning all journeys instigated by our yearning hearts.

My heart, more than my body, represents who I am at this time. This I know. I would not want my body to represent me. How it functions and the way it changes between birth to death is not a good representation of who I am.

I am more than this and when I look at people, they too are more than this. When I stand on the beach and feel the grains of sand beneath my feet, I feel connected to all grains of sand in the world. I feel connected to all people.

I look across the waters and see a greater power in creation than my body knows of yet what I perceive is not greater than that Divine something inside me.

As my awareness leaves where I am there is an outward movement, racing with certainty, sure of its direction.

To where does this direction go?

It comes to you. It speaks to you through your heart which signals what you need until you can read greater signals that come through your soul.

I acknowledge that my senses know things other than goodness, but I have no interest in what they bring me. They do not have my attention. They cannot take me where I need to go. My senses abandon me when I leave here so I do not want to heed what they tell me now.

What I need to know through my senses reaches me without impact or regard. The beauty of the message of the heart is that while the senses deliver their messages, the heart overrides their intensity, so I only receive what is necessary.

I have much to learn and this makes me happy. I sit by the window and I wait. When what I need comes to me it will divine my purpose and motivate my actions so I can be where I need to be. The corridor to my soul can then open. This journey of my soul can begin. It will be a difficult journey, but is not all learning difficult and because of this, rewarding?

I welcome it. Already glimpses have expanded into teachings within my heart. I will go through a doorway when I have the strength and courage to pass through. Any difficulties will pass because already I have hope, strength, courage, determination and perseverance. Necessary prerequisites for the journey ahead, these I will need.

The heart has chambers that can fill with what the soul needs for its travel. The heart also has conduits so what the soul does not need or is not compatible with can leave its chambers. Everything is circulating according to need.

The qualities necessary for this journey continually move from the soul to the heart and back to the soul, increasing with their use because this time of the heart is a time for growth.

The magnificence and vastness of the unknown upon Earth is the smallest part of the majestic Divine God but it draws me as nothing else on Earth can. My awareness that I am a tiny part of this vastness enhances perceptions that I pray will grow.

Life expands. It is not motionless, something to be held in the palm of my hand. It is a pulsing, living force. Although a resident in a physical body for a time, I remain part of its beat.

The amount of pulsing life force that is me is according to what my physical body can contain, and that is not much. I have to reach beyond this physical body to discover more of the living force that is me so I may understand it.

The physical body is a limited vessel. It is permeated by a living light that when allowed to shine makes it beautiful.

Although a receptacle of a living light, the body is still a vessel that has a time span.

This body is my *Time Span*. I thank the Lord for it and what it allows me to do. I learn what I can, and I do my best but there is much more to experience.

Bridge

I close my eyes and look within. I see the swirling mist. I go through its vortex then the light arrives and love approaches, an indication that my journey within can find the real me; where I come from and how I live as a complete person.

Love opens all doors. There is nothing love cannot do. It is in the heart of everything. Without love, the journey through the light cannot commence.

Love opens the door through which the heart wishes to go. It then opens further doors so the many faces of God can gently be revealed.

As I look within. I go through the light and a vista opens. A strongly constructed arched bridge built of stone lies before me. Approaching it from high in the sky are white wings like those of an angel.

What place do these spiritual teachings hold in the world?

The spiritual teachings in these books are the messages represented by the wings. Wings signify messages. Coloured white they indicate the purity of the messages that are a bridge between the mind of physical life and the Greater Life.

The spiritual teachings in these books light the way so the focus can change from material endeavour to spiritual purpose without excluding material endeavour.

Brought with love that opens all doors in the heart, their focus is according the Greater Will. The bridge is solid, strong and safe with a wide expanse that allows for a safe crossing. All you have to do is place one foot in front of the other.

A bridge of explanation, these spiritual teachings show why physical life is like it is and how it can be lived with joy once the Greater Life is brought into its every moment. They are a means of removing the veils placed over the soul that has been duped into believing that physical life is the only reality you have and is where your focus should be.

All people need to know about the power of Divine love. All people need to know how it can be incorporated into daily life. The spiritual teachings of these books indicate small steps that can be taken to make this possible.

What is a teaching?

A teaching is information that expands the horizon of the mind and produces change for good.

What is a spiritual teaching?

A spiritual teaching is the philosophy of spiritual worlds adapted to the physical world. It initiates change. The desire to learn about inner worlds is invoked because, with the passing of the years, happiness through a focus on physical life is not realised, not even when goals are achieved.

Looking within is not looking into the subconscious that stores memories of past experiences. It is looking into the super-conscious; the spiritual mind that reflects the Greater Life to the physical mind.

At some stage spiritual worlds have to be incorporated into physical life because you are a spiritual being. You never truly leave your other world. You bring some of its expertise with you, the rest to be discovered as you slowly discard the empty promises of physical life.

With each step taken, you change. You already have courage and strength because they initiated the journey. You continue to need them because midway across the bridge you face the dark hour as you question what you are doing with your life. Your confidence is tested.

Your experience of the dark hour reflects the guru disciple, master student relationship. Today not many people have a guru or master to guide them so these spiritual teachings can become their guru or master. They are grounded in truth because they follow truth's threads clearly and without compromise, each thread expounded upon and implacable in its resolution that all inner learning has to lead to the Divine.

When the spiritual teachings become the guru or master, they pay no heed to your cries when the dark hour is faced. All is resolved once the bridge is crossed. Until that time, it is easy to stumble and fall. Although courage and strength grow with every step, resolve and perseverance are also needed so you can pick yourself up and remain constant.

Why must the dark hour be faced?

Desire for dark ways has allowed them to enter your soul so your soul has known dark ways as well as ways of light. That desire must be tested again.

Healing the soul and eradicating what is dark is a painful process. Always you receive the courage and strength you need to face what you need to face before you face it. It may not be apparent that you already have courage and strength when you begin to cross the bridge, but when you generate resolve and perseverance you realise that you can do everything that is asked of you.

What is asked of you?

Change. Change for the better. Change for good. Change that allows more love to enter your heart. Change that allows the wisdom of the spirit to make its way through the mist of your mind.

Resolve and perseverance ensure you continue towards your goal, doing all you can do when it is all you can do. You need them for all your endeavours in life, so you never give up when faced with difficulties. With them you can continue against all odds until you eventually succeed. The outcome may not be as envisioned, but it does arrive at your doorstep, no longer able to ignore your summons.

You do not know how long you are to be tested for your commitment to your goal. When you cannot feel the presence of God you have to continue to strive to join with His will, even when there seems no result.

Once the dark hour is faced and passage over the bridge achieved, part of your soul is purified. Another veil lifts from your soul, clearing your mind. More inspiration becomes possible and the way forward in life's great purpose opens in front of you.

You have a spiritual purpose. Without the entrance of love and the Bridge of Explanation your soul's spiritual purpose remains hidden behind the veil of time, unrevealed and not initiated. Goals and purposes in physical life for physical outcomes are not the same as a spiritual purpose because they are not the integral purpose of the heart. They are not the integral purpose of the progressing soul.

Each moment in one day of time is the gift of life to be lived fully, which means taking advantage of all opportunities as they present. Working with something worthwhile in this one day is your life's achievement. No more is asked of you.

Let your heart be open, your mind gentle and your actions filled with perseverance so the resolve of your soul to transpose all darkness into light can be realised.

Love brings joy in moments. Understanding expands love in moments. Resolve trains the mind to focus in moments. All moments add up to a time span. Without focus spiritual teachings cannot be absorbed. They seem too difficult even though it is not difficult to read about why things are as they are and what can be done to change thoughts and actions, so they construct a better life that accommodates Divine love and wisdom.

These spiritual teachings are a bridge between physical life, a place where God's will is not so easy to discover, and spiritual worlds where God's will is more apparent.

Love promotes the desire to learn about inner worlds. Joy is the character of spirit and is found by looking within. Learning and knowledge that can lead to wisdom are expressions of spiritual sharing and they are found by looking within. Guidance from wise ones who have travelled this road can be found by looking within. They encourage you in each changing phase of your life so you can find your strength and

negotiate your way. With your free will and ability to choose you can follow your heart's true desire and find within what you need. In this you can achieve your life's spiritual purpose.

No matter what is chosen and what is done, courage, resolve, perseverance and most of all love are needed for everything in life.

These spiritual teachings are designed to help you increase all these qualities so you may walk and talk with God in whatever way the One God presents to you. For the rest of your days you will know that there is more to life than this physical world and all it offers.

Epilogue

In Dunedin, New Zealand, 1000 babies formed a one-year cohort. They were studied at birth (1972-73) then followed up with an assessment at the age of three.

This one-year research developed into a longitudinal study with assessment every two years until the age of fifteen. Following assessments were then conducted at ages 18 (1990-1991), 21 (1993-1994, 26 (1998-99), 32 (2003-2005), and 38 (2010-2012). It is planned to next see the study members at age 44/45 and then beyond.

This study of over 40 years, initially set up to investigate broad questions of child health and development has produced so much more it now has world recognition. The authenticity of its findings has been validated as applicable to all Western Civilisation cultures. Findings have influenced changes in social structures including how some penal institutions are managed.

The study is able to not only predict social behaviour but also make medical and educational predictions that are relevant throughout Western Civilisation. Information from this study has the potential to improve everyone's personal health and wealth and transform a nation's economy. Generally, in individuals it has been found that in the early years productive behaviour encourages future economic growth and the measure of self-control predicts success in the life of the individual.

Albert Einstein was a German Jew born to a time of rising fascism and communism. Regardless of the dangerous political situation around him he continued to focus his energies on theoretical physics. All worldly goals took second place to this driving force within him.

With an insatiable curiosity he questioned how the world was constructed and proceeded to prove his theories using inspiration and science, even though academia of the day found it difficult to acknowledge or support his work. He is an inspiration for all people to work at what they love to do.

Western civilisation is becoming global. Worldwide infrastructures are reaching into the environments of all nations. What happens in one country is affecting all countries.

The common desire of all countries to protect the environment from further degradation is an important step in establishing similarities between all cultures, races and creeds. The land and sea know no national boundaries. The air we breathe knows no national boundaries. The water we drink knows no national boundaries.

Eroded and degraded, barren land can be restored. People of many nations are answering the call to plant trees and halt desertification. Organisations and individuals are becoming involved in replanting programmes to preserve forests and change barren land to productive land.

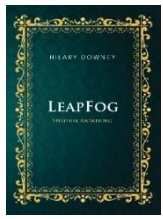
In Costa Rico, Ecuador and Mexico environmental initiatives have been established to provide sustainability for small communities. Irrigation systems and replanting in China and Ethiopia are restoring unproductive land. Native trees and vegetation planted on barren hillsides and lowlands and dug trenches that trap rainwater preventing it washing the soil from the mountainside, are restoring natural waterways and nourishing the surrounding land. Grasses and a variety of crops are able to grow on this re-nourished land that has promoted a climate change and the return of animals, birds and insects.

Because of her love of trees Queen Elizabeth 11 of England promotes a global tree planting network called Queen's

Canopy Commonwealth. She encourages all countries to conserve forest areas in perpetuity in this large-scale endeavour to protect forests for future generations.

These are a few of the ways that our time spans upon Earth can be beneficial to humanity and the environment.

Books by Hilary Downey



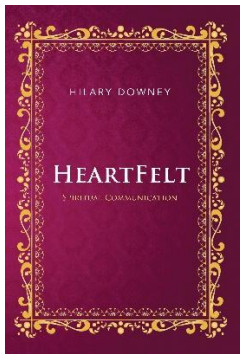
LeapFog – Spiritual Awakening

LeapFog – Spiritual Awakening - is the story of change brought about by a desire to discover truth through the wisdom of spiritual worlds.

I want to relate to the best that is within me and this is my spirit. I want to learn about my spirit and where it comes from. I want to know why I am on Earth, what I need to do here and where I am going when I leave. LeapFog addresses these objectives through teachings received in simple clear language.

LeapFog is so named because it illustrates the need to build a path through the barrier of etheric fog that lies between the physical world we inhabit and the spiritual worlds that are our destination. This inner path becomes a conduit for communication between two worlds so the voice of wisdom can be heard. We construct this path through our hearts, our minds and our souls. To do this we have to learn how our hearts, minds and souls function and the relationship between each.

"I shall give my knowledge and truth to the humble man, for love's real name is humility. My truth shall not come through the eye or ear but through the heart. The visions of the eye shall be for the doubters but the humble man shall work hard for his knowledge and live, step-by-step, each piece of understanding he receives into his heart. He shall not rely upon a vision of life. He shall live his life."



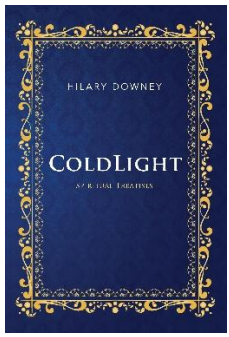
HeartFelt – Spiritual Communication

HeartFelt is the story of a four-year journey out of shock and grief - the result of death of loved ones. It is a book about accepting and bearing grief while forging a path ahead, with the help of wise and loving teachers from inner spiritual worlds.

HeartFelt is a Path of Hope - a collaboration between souls inhabiting two different worlds -| each mourning the loss of the other, while celebrating the future possibilities of both; achievable because of mutual support and encouragement.

I write of an approach in life that continues to seek direction and purpose, asking for guidance and teachings about the nature of death and the future destination of us all. Personal communications and spiritual teachings intermingle, so there are few chapters.

"I am a constant presence in some form, not reliant upon your recognition through sight stop my presence may be a memory. It may be a light, but always it is an encouragement to live. Always it is an encouragement to love. Always it is an encouragement to become the greatest you can."



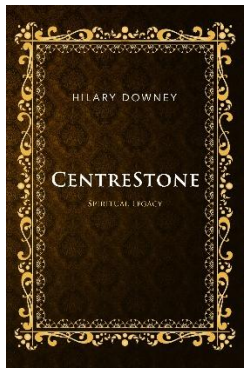
ColdLight – Spiritual Treatises

ColdLight is a collaboration of two worlds. The quest for illumination begins at the place where these two worlds meet - our hearts. Our hearts are the bridge and our minds are the interpreter. When we are young we are full of hope and plans for our lives but alone we do not always understand our reality. Sometimes we need a light to show us the way and this is the goal of *ColdLight*.

ColdLight presents thirty-one spiritual treatises that reflect spirit's deep and abiding care for all people upon earth. These treatises are designed to encourage, direct and help us understand our place and role in physical life and the greater life of spiritual worlds.

The spiritual treatises are given by teachers who have an emanating presence that is strong and commanding, strict and just. They come only to teach. When they depart they fill my mind and heart with a sense of oneness with the love and life of the universe and they replace any energy I have expended.

"We stretch out our hands to draw you on with us so we may travel together with no division between worlds, just a natural blending of life in all its guises."



CentreStone – Spiritual Legacy

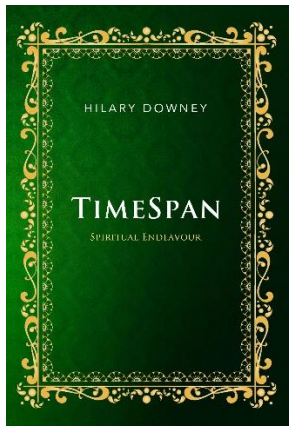
Through the symbolism of mythology and beliefs, *CentreStone* provides an overview of our journey to Earth and looks at our spiritual legacy which is our heritage.

The focus of the centre stone is the keystone to accessing this spiritual legacy. Available to all people, it is reached through the buried message of mythology, the soul's memory and spiritual inspiration.

Great teachers have always come to the Earth to contribute long lasting wisdom that influences following generations, their legacy of teaching occasionally named after them. Often prophets, their message focuses upon the progress of all people. Their aim is to advance civilisation because a civilised culture embraces all aspects of man's nature. Society is then shaped by the spiritual quality of its people - their finest attributes.

"Truth is wider and deeper than the oceans of sky and water and is essential for progress to a more enlightened state."

"I would not send one soul into the desert without a guiding light because the journey is harsh, sustenance is meagre and the way is confusing. Wherever the souls whom I love go, I send a guiding light to accompany them along their way."



TimeSpan – Spiritual Endeavour

TimeSpan reflects on the changing lives of people as they age. Everyone remains important because collectively all people shape society, the best of what is within them contributing to the advance of our current civilisation.

Spiritual philosophy helps make sense of the world stop it seeps into the consciousness like drops of water trickling into a pool, becoming real when applied to life, which then changes.

"You will come and you will go. You will walk the Earth and place your footsteps where they need to be. You will contribute something good and the Earth will be better for having asked for and accepted your presence. This day that is your life is short. When your task is done you will place your footsteps in a different way, but wherever you place them they are able to continue to contribute something good."